

Hang Me Up in a Handy Place. I'm Worth While.

NUGENT DRUG CO'S. YEAR BOOK 1913

A Convenient Household Guide

CONTAINING

Reliable Cooking Recipes

Health Hints

A Birthday Horoscope and

Monthly Calendar

Published by

NUGENT DRUG CO.

A. J. JOHNSTON, Proprietor

386 GEORGE STREET

PETERBORO, ONT.

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PRESCRIPTIONS

This Department is the real test of an up to date Drug Store, and the one in which you are most vitally interested, and as we are interested in giving you satisfaction we use nothing but the best Drugs in our prescription work. When a doctor prescribes certain ingredients in your prescription it is our aim to give what he wants and give the best without any substitution, and thus get his confidence and your satisfaction.

Our motto is "Quality, Skill and Care, the ladder by which we climb," and trust you will call on us for your prescription work or family recipes.

NUGENT DRUG CO.

Successor to John Nugent

A. J. JOHNSTON, PROPRIETOR

386 George Street

Peterboro, Ont.

CALENDAR FOR 1913

ECLIPSES—Standard Time.

In the year 1913 there will be five Eclipses, three of the Sun and two of the Moon.

I.—A Total Eclipse of the Moon, March 22. Visible to Australia and the Pacific Ocean; the beginning visible to North America, western South America and the eastern portion of Asia; the ending visible to western North America, central and eastern Asia.

II.—A Partial Eclipse of the Sun, April 6. Visible to the northwestern portion of North America, the extreme eastern part of Siberia and the Arctic Ocean.

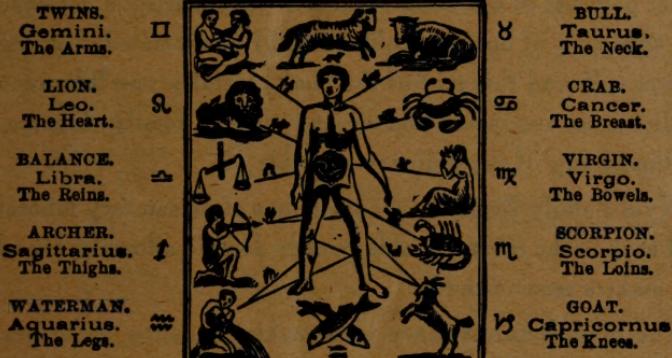
III.—A Partial Eclipse of the Sun, August 31. Visible to Greenland and the eastern portion of the Maritime Provinces of Canada.

IV.—A Total Eclipse of the Moon, September 15. Visible to Australia and the Pacific Ocean; the beginning visible to North America except the northeast portion the extreme northwest corner of South America and eastern Asia; the ending visible to the northwestern portion of North America and to Asia.

V.—A Partial Eclipse of the Sun, September 30. Visible to the southern end of Africa and the South Indian Ocean.

THE TWELVE SIGNS OF THE ZODIAC.

THE RAM. Aries, ♈ HEAD & FACE.



FISHES. Pisces: ♊ THE FEET.

THE SEASONS.

Eastern Time

Vernal Equinox (Spring begins)	March 21 d. 0 h. 18 m. A.M.
Summer Solstice (Summer begins)	June 21 d. 8 h. 9 m. P.M.
Autumnal Equinox (Autumn begins)	Sept. 23 d. 10 h. 53 m. A.M.
Winter Solstice (Winter begins)	Dec. 22 d. 5 h. 35 m. A.M.

MORNING AND EVENING STARS.

Mercury will be Evening Star about March 11, July 7 and November 1; and Morning Star about April 24, August 22 and December 10.

Venus will be Evening Star till April 24; then Morning Star the rest of the year.

Jupiter will be Morning Star till July 5; then Evening Star the rest of the year.

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KEEP THIS BOOK

for it contains a great many handy recipes and information that will prove useful in the house and kitchen many times during the year.

These recipes and information have been gathered from dependable sources and you will find them all entirely reliable.

Throughout the other matter you will find health hints indicating uses for various of the Nyal Family Remedies. We hope you will read these with as much interest and attention as the other portions of the book. Each Nyal Remedy is designed for the treatment of one particular ill and its associated diseases and if you will read this part of the book carefully you'll know what medicine to use when you or any of the family become the victim of any of the ordinary ailments.

Nyal Family Remedies are made in a clean sanitary laboratory and each is the most suitable remedy for the ailments for which the makers recommend it.

The manufacturers have been making quality medicines for about fifty-five years and know how essential quality is in medicines.

There are some hundred and thirty Nyal Remedies and you cannot do better than to use them for any of the ordinary ailments that you treat at home.

Ask for Nyal's Remedies and have the best.

We recommend them and keep a full stock.

TABLE OF MEASURES AND WEIGHTS.

9 Large Eggs	1 pound
1 square Baker's Chocolate	1 pound
16 tablespoons	1 cup
2 tablespoons butter	1 ounce
4 tablespoons flour	1 ounce
2 cups finely chopped meat	1 pound
3 1/8 cups entire wheat flour	1 pound
4 1/2 cups Graham flour	1 pound
4 2/3 cups Rye meal	1 pound
2 2/3 cups granulated corn meal	1 pound
2 2/3 cups oatmeal	1 pound
2 1/2 cups brown sugar	1 pound
2 2/3 cups powdered sugar	1 pound
2 cups granulated sugar	1 pound
2 cups flour (pastry)	1 pound
2 cups butter (packed solidly)	1 pound

Four even teaspoonfuls liquid equal one even tablespoonful.

Three heaping teaspoonfuls dry material equal one even tablespoonful.

Twelve tablespoonfuls dry material equal one cupful.

Two cupfuls equal one pint.

Four cupfuls equal one quart.

Skim milk is heavier than whole milk, and cream is lighter than either, while pure milk is 3 per cent. heavier than water.

Nyal's Face Cream is a non-greasy skin food. It is readily absorbed and leaves no shine. 25 cent, 50 cent and 75 cent pots.

To insure regularity to the functions peculiar to womanhood—to correct and cure any irregularities—Nyal's Vegetable Prescription should be taken. It will accomplish the desired result.

Bloating and Colic in cattle and horses is often due to run down conditions of the digestive organs. For immediate relief of pain and distress Nyal's Colic Remedy should be given and a treatment of Nyal's Tonic and Condition Tablets should follow to tone up the digestive organs and prevent it becoming chronic.

TABLE OF PROPORTIONS.

One teaspoonful soda to one cupful molasses.

One teaspoonful soda to one pint sour milk.

Two teaspoonfuls baking powder to one quart of flour.

One-half cupful of yeast or one-quarter cake of compressed yeast to one pint liquid.

One teaspoonful salt to two quarts flour

One teaspoonful salt to one quart soup.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One scant cupful of liquid to one full cupful of flour for batters.

One quart water to each pound of meat and bone for soup stock.

Four peppercorns, four cloves, one teaspoonful mixed herbs for each quart of water for soup stock.

For a bilious headache—Nyal's Stomach and Liver Pills are a suitable remedy. They stimulate the liver and get at the cause of the trouble.

PIGS IN BLANKETS.

Wipe some large oysters dry with a soft towel. Cut bacon into thin slices, allowing one slice for each oyster. Lay the oyster on it, bring the ends together, and pin with a wooden toothpick—pushing it through both bacon and oyster. Cook a few of these at a time in a hot pan, turning once and browning the bacon nicely.

Women and children require a pleasant and mild laxative yet one that is effective. We recommend Nyal's Fig Syrup.

Try using lemon and vanilla together in flavoring a cake. It makes a pleasant change.

There is nothing harmful in Nyal's Baby Cough Syrup. You can give it to the youngest child without fear of it doing harm or disturbing digestion. 25 cents a bottle.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.		
N. M.	7	5	23	A. M.	F. M.	22	10	40	A. M.
F. Q.	15	11	2	A. M.	L. Q.	29	2	34	A. M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from above.

Weather Predictions. — 1st, stormy freezing weather, very cold wave; 12th, fair, warmer; 15th, rain, light winds, snow; 20th, unsettled, cold wave.

D. M. W.	HISTORICAL EVENTS	Moon signs	Sun rises	Sun sets	Moon rises
		H	M	H	M

1	W	Circumcision, New Year's Day ...		7	30	4	33	1	48
2	T	Port Arthur surrendered, 1905		7	30	4	39	3	00
3	F	Lord Curzon ar. Calcutta, 1899		7	30	4	40	4	10
4	S	Columbus landed, 1492		7	30	4	41	5	18

1. 2ND SUNDAY AFTER CHRISTMAS. Day's Length, 9h.12m.

5	S	Sir Daniel Wilson born, 1816		7	30	4	42	6	22
6	M	Epiphany		7	30	4	43	7	19
7	T	Italian Naval Victory, 1912		7	30	4	44	Sets	
8	W	Cardinal Satolli died, 1910		7	29	4	45	5	48
9	T	Lord Nelson buried, 1806		7	29	4	46	6	52
10	F	Penny Postage began, 1840		7	29	4	47	7	56
11	S	Sir J. A. Macdonald born, 1815		7	29	4	48	8	59

2. 1ST SUNDAY AFTER EPIPHANY. Day's Length, 9h. 21m.

12	S	Lord Balfour born, 1849		7	28	4	49	10	1
13	M	Rhoades Opera House Fire, 1908		7	28	4	50	11	2
14	T	Earthquake, Jamaica, 1907		7	28	4	51	Morn	
15	W	British Museum opened, 1759		7	27	4	53	0	5
16	T	Sir J. Moore died, 1809		7	27	4	54	1	10
17	F	M. Fallières, Pres. France, 1906		7	26	4	55	2	20
18	S	Bulwer Lytton died, 1873		7	26	4	56	3	33

3. SEPTUAGESIMA SUNDAY. Day's Length, 9h. 32m.

19	S	Edgar Allan Poe born, 1809		7	25	4	57	4	47
20	M	Australia colonized, 1788		7	24	4	59	5	58
21	T	Queen Victoria died, 1901		7	24	5	0	6	59
22	W	Accession King Edward VII., 1901		7	23	5	1	Rises	
23	T	Panama Canal com., 1880		7	22	5	2	6	52
24	F	Lord Randolph Churchill died, '95		7	22	5	4	7	47
25	S	Conversion of St. Paul		7	21	5	5	9	6

4. SEXAGESIMA SUNDAY. Day's Length, 9h. 45m.

26	S	Gen. Gordon killed, 1885		7	21	5	6	10	23
27	M	German Emperor born, 1859		7	20	5	7	11	37
28	T	Paris surrendered, 1871		7	18	5	9	Morn	
29	W	Victoria Cross instituted, 1856		7	17	5	10	0	49
30	T	Great Flood in Paris, 1910		7	16	5	11	2	1
31	F	Guy Fawkes executed, 1606		7	15	5	13	3	11

SOUPS.

There are two classes of soups. Those made with soup "stock" and those made without it. The latter are classed as Cream Soups, Bisques and Purées.

Brown Soup Stock is made from beef and highly seasoned with spices, herbs and vegetables.

White Soup Stock is the liquid in which veal or chicken is boiled.

Consonme is a clear soup made from two or three kinds of meat as a rule.

A pint of soup is usually considered as serving four persons.

OX TAIL SOUP.

1 small ox tail; 1½ pints brown stock; ½ cup each of turnip, carrot, onion and celery in small pieces; ½ teaspoonful salt; pinch cayenne; ¼ cup Madeira wine; 1 teaspoonful Worcester shire sauce; 1 teaspoon lemon juice. After cutting ox tail into small pieces and washing sprinkle with salt and flour and fry in butter for 10 minutes. Simmer in the stock for an hour and add the vegetables which have been previously parboiled. Simmer until vegetables are cooked and add ingredients.

CHOCOLATE PUDDING.

4 tablespoons butter, 1 cup sugar, 3 teaspoons baking powder, 2 eggs, $\frac{1}{2}$ squares Baker's Chocolate, 8 tablespoons milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon vanilla. Add half the sugar to the creamed butter and the half sugar to the yolks of the eggs after beating until thick. Combine and add milk and flour alternately, the baking powder and salt having been mixed with flour by sifting. Add the whites beaten, the melted chocolate and vanilla. Bake in angel cake pan and when cool fill centre with whipped cream sweetened and flavored.

To make your skin clean and healthy it is necessary that your blood be pure. Nyal's Blood Purifier will purify the blood. \$1.00 buys a bottle.

CANNED BEANS.

We like these beans better than canned ones: Take fresh snap-beans, string and break them as for present use; then put a layer of them in a jar and sprinkle salt, a cupful of it to each quart of beans, until the jar is full; then put salt at the top and cover it air tight. They keep all winter, and when washed and boiled in two or three waters are very good.

Neglect of ourselves is really responsible for most of our ill-health. Taken early most of our troubles are promptly remedied by treatment. This is particularly true of kidney troubles. Whenever you have indications that your kidneys are not right take Nyal's Kidney Pills. They'll promptly remove all kidney weakness.

CHOCOLATE PUDDING SAUCE.

Boil 1 cup sugar, $\frac{1}{2}$ cup water and a little cream of tartar to a thin syrup. Add $\frac{1}{2}$ squares of Baker's Chocolate melted and pour the hot syrup slowly in. Cool somewhat and flavor with vanilla.

For a good general tonic, a medicine to build you up and give you ambition and energy to spare, take Nyal's Nutritive Hypophosphates. It is a builder for the whole body.

FIG PUDDING.

$\frac{1}{2}$ pound finely chopped figs, $\frac{1}{4}$ pound brown sugar, $\frac{1}{4}$ pound suet, $\frac{1}{4}$ pound bread crumbs, 1 finely chopped large sour apple, 4 tablespoons milk, 2 eggs, $\frac{1}{2}$ cup of flour. Mix figs, apple, suet and sugar. Pour the milk over the bread crumbs, add the egg yolks beaten well. Combine and add the flour and egg whites beaten stiff. Steam four hours.

Nygracia perfume is a delicate refreshing odor that will appeal to you. Try it. 75 cents an ounce.

What a mosquito uses when he bites is made up of his antennae, his clypeus, his hypopharynx, his labium, his mandibles and his maxillae. Well, we're not surprised.

Every home should keep on hand a good liniment for those sudden sprains, bruises or wounds which require prompt treatment. Nyal's Liniment is a good one. 25 cent or 50 cent bottles.

A long bottle filled with ice water makes a good rolling pin for pie crust.

IF YOU WERE BORN IN JANUARY

You are likely to be a natural thinker and leader and successful in commerce. Persons born in January are independent, active and persevering in an unusual degree and have kind and good dispositions. The men succeed best as politicians, engineers, great merchants, superintendents or positions of trust and are always found as pioneers in new undertakings. Self reliance is their watchword and they are not swayed by flattery, but like to be praised when it is due. They should overcome their weak points and only by so doing can they reach their greatest possible attainment. The birthstones for January are White Onyx, Moonstone and Ruby. Persons born in January should marry those born in July, November, May or February. March and November are their lucky months, and Tuesday and Saturday their lucky day. Rule yourself first, then rule others.



MOON PHASES—EASTERN STANDARD TIME.

D.	H.	M.	D.	H.	M.
N. M.	6	0	22	A. M.	
F. Q.	14	3	24	A. M.	

D.	H.	M.	F. M.	9	3	P. M.
			L. Q.	27	4	15

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS			Moon signs	Sun rises	Sun sets	Moon rises
M	W				H	M	H	M

1	S	Great Fire in Quebec, 1854		7	14	5	14	4	17
5	Q	QUINQUAGESIMA (Shrove Sunday). Day's Lgh., 10h. 2m.							
2	S	Purification, Candlemas Day		7	13	5	15	5	16
3	M	Greece declared free, 1830		7	12	5	17	6	5
4	T	Queen Victoria buried, 1901		7	11	5	18	6	44
5	W	Ash Wednesday		7	10	5	19	Sets	
6	T	Brockville raided by Americans, '13		7	9	5	20	5	48
7	F	Fire in Baltimore, 1904		7	8	5	22	6	51
8	S	Pope Pius IX. died, 1878		7	7	5	23	7	53
6. 1ST SUNDAY IN LENT.									
Day's Length, 10h. 19m.									
9	S	Treaty of Paris, 1693		7	5	5	24	8	54
10	M	Russia declares War, 1904		7	4	5	26	9	56
11	T	Steamer Larchmont lost, 1907		7	3	5	27	10	59
12	W	Chinese Emperor resigned, 1912		7	1	5	28	Morn	
13	T	Wagner, Composer, died, 1883		7	0	5	30	0	5
14	F	St. Valentine's Day		6	58	5	31	1	15
15	S	Kimberley relieved, 1900		6	57	5	32	2	27

7.	2ND SUNDAY IN LENT.	Day's Length, 10h. 37m.
16	S	Jesuit Fathers' Mission, 1602
17	M	Chief Geronimo died, 1909
18	T	Battle of Paardeberg, 1900
19	W	Great Fire, Toronto, 1904
20	T	Wreck, Str. Berlin, 1907
21	F	Trinidad Capitulated, 1797
22	S	George Washington born, 1732

8.	3RD SUNDAY IN LENT.	Day's Length, 10h. 56m.
23	S	Panama Canal Treaty, 1904
24	M	St. Matthias
25	T	Battle of Trenton, 1776
26	W	Fire Montreal School, 17 killed, '07
27	T	Cronie surrendered, 1900
28	F	Ladysmith relieved, 1900

Weather Predictions. — 1st, snow storms, zero temperature; 10th, fair and warmer; 15th, cold, misty rain; 20th, mercury below zero; 25th to 28th, mild period.

MACARONI SOUP.

2 pints brown soup stock; $\frac{1}{4}$ cup macaroni in half inch pieces; salt and pepper to flavor. Cook the macaroni in scalded water until soft. Drain off the water and add to the stock, previously heated.

HYGIENIC SOUP.

1½ pints of the water in which a chicken has been cooked; $\frac{1}{4}$ cup oatmeal; 1 pint of scalded milk; 2 tablespoons flour; 2 tablespoons butter. Get stock boiling, add oatmeal and boil an hour. Before adding milk rub through sieve and thicken with flour and butter cooked together. Add salt and pepper to season.

ROYAL SOUP.

$\frac{1}{2}$ pint stale bread crumbs; $\frac{1}{2}$ cup milk; $\frac{1}{4}$ pints chicken broth; $\frac{1}{2}$ cups scalded milk; $\frac{1}{2}$ tablespoons flour; $\frac{1}{2}$ tablespoons butter; yolks three hard boiled eggs; meat from breast of a boiled chicken; salt and pepper. Soak bread crumbs in $\frac{1}{2}$ cup milk, add egg yolks and chicken meat. After rubbing through a sieve, add gradually chicken broth and milk and thicken with flour and butter cooked together and add pepper and salt to season.

LEMON PUDDING SAUCE.

6 ounces sugar, 4 tablespoons water, 2 teaspoons butter, 4 teaspoons lemon juice. Boil sugar and water 8 minutes to make syrup; remove from fire and add lemon juice and butter.

Each of the Nyal Remedies is Nyal Quality and there are over a hundred and twenty-five of them, one for each particular use.

When the man renewed the batteries in our telephone he attached the old ones to our door bell. While too weak for the telephone, they will considerably prolong the usefulness of the door bell.

BRANDY PUDDING SAUCE.

4 tablespoons butter, 2 eggs, 1 cup powdered sugar, $\frac{1}{2}$ cup brandy, 8 tablespoons milk or cream. Add the sugar gradually to the creamed butter, then very slowly the brandy, well beaten egg yolks and milk or cream. Cook in double boiler until it becomes thick and pour on to the beaten egg whites.

Babies often need a laxative medicine and you can find nothing better than Nyal's Baby Laxative. It is pleasant to take and sure, yet mild in its action. 25 cents a bottle.

A hairpin can be used for seeding cherries. Take a new one, insert the doubled end into the stem end of a cherry, and draw out the stone. It can be done rapidly and without crushing the fruit.

Nyal Perfumes are as sweet and delicate as the flowers and far more lasting. Let us show them to you. Nyal's Hyacinth is particularly sweet.

REBECCA PUDDING.

2 pints scalded milk, $\frac{1}{2}$ cup corn starch, $\frac{1}{4}$ teaspoon salt, 8 tablespoons cold milk, 4 tablespoons sugar, 1 teaspoon vanilla, whites $\frac{1}{4}$ dozen eggs. Mix the sugar, corn starch and salt with cold milk and add to scalded milk with constant stirring, when mixture thickens stir occasionally. Cook quarter of an hour. Add flavoring and egg whites beaten stiff. Mix thoroughly, put in mould and cool. Serve with a suitable sauce.

The action of Nyal's Cascara Laxative is of a tonic nature and the bowels become strengthened and ultimately independent of outside aid. 50 orange colored tablets in a handy vest pocket flask. 25 cents.

Every stock owner should keep on hand a bottle of Nyal's Veterinary Colic Remedy. It is a reliable treatment for the different varieties of colic which attack your horse or cow. Keep it on hand always. By saving a valuable animal's life it will save many times its cost.

JELLIED PRUNES.

1-3 pounds prunes, $2\frac{1}{2}$ tablespoons granulated gelatin, 1 pint cold water, $\frac{1}{2}$ pound sugar, 4 tablespoons lemon juice. Soak prunes and cook well, remove and remove stones, cut into quarters. Add enough boiling water to juice to make two cups and having soaked gelatin in 8 tablespoons cold water, dissolve hot prune juice, add sugar and lemon juice. After straining, add prunes and chill in a suitable mold. Stir a couple of times so prunes will not be all at the bottom. Serve with sugar and cream.

Nyal's Sore Throat Cure quickly cures sore throats. Harmless if swallowed. 25 cents a bottle.

IF YOU WERE BORN IN FEBRUARY

You are likely to be endowed with great possibilities and are pretty sure to possess unusual ability in some direction. Persons born in February are fond of happiness and pleasure and their presence is cheering and pleasing to those with whom they come in contact. Both women and men are very sincere and honorable. The men are very devoted husbands and succeed best in law or medicine. The women are very earnest, make splendid wives and are good musicians. Both women and men should select a definite aim and stick to it. The birthstone for February is the Amethyst. Persons born in February should marry those born in June, October or January. April and August are their lucky months and Saturday their lucky day. Never break a promise and never procrastinate.

MARCH

1913

MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.	D.	H.	M.
N. M.	7	7	22 P. M.	22	6	50 A. M.
F. Q.	15	3	58 P. M.	29	7	58 A. M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS			Moon signs	Sun rises	Sun sets	Moon rises
M	W				H M	H M	H M	H M

1	S	St. David		6	36	5	50	3	11
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9	4	TH SUNDAY IN LENT.		Day's Length	11h.	16m.			
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2	S	John Wesley died, 1791		6	35	5	51	4	3
3	M	Gen. Methuen captured, 1900		6	33	5	52	4	45
4	T	Abraham Lincoln Pres. U. S., 1860		6	32	5	53	5	18
5	W	Strike in Philadelphia, 1910		6	30	5	54	5	45
6	T	Toronto incorporated, 1834		6	28	5	56	6	8
7	F	Florida becomes a State, 1844		6	27	5	57	Sets	
8	S	Rise of Paris Commune, 1871		6	25	5	58		

10.	5	TH SUNDAY IN LENT.		Day's Length	11h.	36m.			
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9	S	Emperor William I. died, 1888		6	23	5	59	7	48
10	M	King Edward VII. married, 1863		6	21	6		8	51
11	T	Cuba ratifies Treaty, 1903		6	20	6		1	957
12	W	Desjardin's Canal Accident, 1857		6	18	8	3	11	5
13	T	Duke of Connaught married, 1879		6	16	6	4	Morn	
14	F	Roberts ent. Bloemfontein, 1900		6	15	6	5	0	15
15	S	First Session Alberta Legislat., '06		6	13	6	6	1	24

11.	P	PALM SUNDAY.		Day's Length	11h.	56m.			
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16	S	Earthquake at Caracas, 1812		6	11	6	7	2	29
17	M	St. Patrick's Day		6	9	6	8	3	26
18	T	French Commune, 1871		6	8	6	10	4	11
19	W	Lucknow taken, 1858		6	6	8	11	4	46
20	T	Sir Isaac Newton died, 1727		6	4	6	12	5	16
21	F	Good Friday. Spring begins		6	3	8	13	5	42
22	S	Rev. Jas. Spurgeon died, 1899		6	1	6	14	Rises	

12.	E	EASTER SUNDAY.		Day's Length	12h.	16m.			
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23	S	Nice Opera House burned, 1881		5	59	6	15	8	5
24	M	Longfellow died, 1882		5	57	6	16	9	23
25	T	Annunciation		5	56	6	17	10	40
26	W	Cecil Rhodes died, 1902		5	54	6	18	11	54
27	T	Cyclone at Louisville, 1897		5	52	6	20	Morn	
28	F	Riot in New York, 1908		5	50	6	21	1	1
29	S	Crimean War ended, 1856		5	49	6	22	1	58

13.	L	LOW SUNDAY.		Day's Length	12h.	36m.			
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30	S	Alaska sold, 1867		5	47	6	23	2	44
31	M	Treaty of Paris, 1856		5	45	6	24	3	21

Weather Predictions. — 1st, light rain; 8th, cold and frosty; 12th, spring like; 17th, cold and blustery; 20th, rain and windy ending with snow; 28th, heavy rain storms.

VEAL AND SAGO SOUP.

2½ lbs. lean veal; 12 cups cold water; 1 pint scalded milk; yolks 4 eggs; ¼ lb. pearl sago; salt and pepper. Chop the meat fine after removing fat. Put in cold water and slowly bring to a boil and simmer for two hours. Remove serum as it forms. Strain and heat again. Soak the sago in cold water to cover and add to soup. Boil half an hour, add milk and pour over the yolks of eggs, slightly beaten. Add salt and pepper.

ASPARAGUS SOUP.

1½ pints chicken broth; ¼ cup butter; ¼ cup flour; 2 cups cold water; 2 cups scalded milk; 1 slice onion; 2 bunches asparagus; pepper and salt. Wash asparagus and cut into small pieces reserving tips and boil for five minutes, then drain and add chicken broth and an onion. Boil half an hour and rub through colander. Thicken with flour and butter cooked together. Add pepper, salt, milk and tips.

LEMON ICE.

2 pints water, 2 cups sugar and $\frac{1}{2}$ cup lemon juice. Dissolve sugar in water by boiling 20 minutes, add lemon juice, cool, strain and freeze.

Nyal's White Liniment now comes in a fifty cent size, holding full ten ounces. Get this size. It is the most economical.

Tomatoes may be brought to maturity and ripened very early by planting them at the right season in a barrel, in the bottom of which is a foot of well rotted manure covered with rich earth. Train the plants up the south side of the house and water frequently. Have plenty of holes for drainage.

Nyal's Throat Pastilles are a handy and good remedy for husky throats of all kinds. In a handsome tin package. 25 cents.

PINEAPPLE FRAPPE.

1 pint water, $1\frac{1}{2}$ cups sugar, juice $\frac{1}{4}$ doz. lemons, 1 pint ice water, 1 shredded pineapple. Boil water and sugar a quarter of an hour to make a syrup, add pineapple and lemon juice. Cool and strain; add ice water and freeze.

You can add considerably to the refreshing qualities of your morning bath by using Nyal's Bath Powder. It softens and perfumes the water and a little is sufficient. 25 cents a large can.

If a banana is reduced to a pulp and added to the milk or cream used as sauce over apple dumplings, a delightful flavor is imparted.

ROMAN PUNCH.

2 pints water, 2 cups sugar, $\frac{1}{4}$ pint of orange juice, $\frac{1}{4}$ pint lemon juice, $\frac{1}{4}$ pint tea infusion, $\frac{1}{4}$ pint rum. Make a syrup by boiling sugar and water 20 minutes. Add the fruit juices and tea. Freeze to a mush and add rum and continue freezing.

Those annoying headaches usually result from a torpid, lazy liver. Some remedy that will stir up this organ is required and we believe Nyal's Yellow Pills are the best remedy on our shelves. Try a bottle. 40 pills—25 cents. Each pill a dose.

If you want a new kind of house plant let me suggest that you will find a tiny cedar tree very attractive. Last winter I pulled up a little one, three or four inches in height, set it out in a small flower pot, and in a surprisingly short time the little brown thing turned green and began to put out new branches. It seems to be a new idea to all my neighbors, and all who have seen it admire it greatly.

An effective treatment for gripe or colds is Nyal's Laxacold aided by Nyal's Winter Cough Cure or Nyal's Pinol. If the attack leaves you in a run-down condition or with a lingering cough take Nyal's Cod Liver Compound.

It is not advisable to spray trees or plants when the temperature is below 40 degrees.

For heartburn take Nyal's Charcoal Lozenges. 25 cents a box.

IF YOU WERE BORN IN MARCH

You are likely to be gifted with great ability as a mechanic or along literary or dramatic lines. Persons born in March have a splendid imagination and memory and are particularly gifted along mental lines. Both the men and women of March are affectionate and kindly dispositioned. Generous to a fault. The men should follow some calling where method and care will be valuable but should avoid speculation. They should assert themselves at their full value as their tendency is to be over modest. The women are refined and are good home-makers and enjoy beautifying and embellishing it immensely. Both men and women are well adapted for positions of trust. Persons born in March should marry those born in July, September or October. The birthstone is the Bloodstone. May and June are their lucky months to undertake anything, and Saturday the lucky day. To do your best make the most of the present.

APRIL

1913

MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.
N. M.	6	0	48 P.M.		20	4	33 P.M.
F. Q.	14	0	39 A.M.		28	1	9 A.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D M W	HISTORICAL EVENTS	Moon signs	Sun	Sun	Moon	
			rises	sets	rises	
			H	M	H	M
1	T All Fool's Day	♑	5	43	6	25
2	W Queen Victoria in Ireland, 1900	♑	5	42	6	26
3	T First Meeting Toronto Court, 1834	♑	5	40	6	28
4	F First Newspaper in U. S., 1704	♑	5	38	6	29
5	S A. C. Swinburne, poet, born, 1837	♑	5	36	6	30
14. 2ND SUNDAY AFTER EASTER.		Day's Length, 12h.56m				
6	S Peary discovered North Pole, 1909	♑	5	35	6	31
7	M P. T. Barnum died, 1891	♑	5	33	6	32
8	T Hudson Bay Co. founded, 1692	♑	5	31	6	33
9	W F. Marion Crawford died, 1909	♑	5	30	6	34
10	T Halifax incorporated, 1841	♑	5	28	6	35
11	F Sir A. Caron died, 1908	♑	5	26	6	36
12	S Cardinal Taschereau died, 1898	♑	5	25	6	38
15. 3RD SUNDAY AFTER EASTER.		Day's Length, 13h.16m.				
13	S De Witt Talmage died, 1902	♑	5	23	6	39
14	M Lincoln Assassinated, 1865	♑	5	21	6	40
15	T Steamer Titanic sunk, 1912	♑	5	20	6	41
16	W Mafeking relieved, 1900	♑	5	18	6	42
17	T Hon. A. McKenzie died, 1892	♑	5	17	6	43
18	F Earthquake at San Francisco, 1906	♑	5	15	6	44
19	S Lord Byron died, 1824	♑	5	14	6	45
16. 4TH SUNDAY AFTER EASTER.		Day's Length, 13h.34m.				
20	S Canada discovered, E. J. Cartier,	♑	5	12	6	46
21	M Mark Twain died, 1910	♑	5	10	6	48
22	T Ottawa founded, 1827	♑	5	9	6	49
23	W St. George's Day	♑	5	7	6	50
24	T Earthquake at Portugal, 1909	♑	5	6	6	51
25	F St. Mark	♑	5	4	6	52
26	S Hull Fire, 1900	♑	5	3	6	53
17. ROGATION SUNDAY.		Day's Length, 13h.53m.				
27	S York captured, 1813	♑	5	16	54	1
28	M Salisbury Cath. founded, 1220	♑	5	0	6	55
29	T Stuart Robson died, 1903	♑	4	59	6	56
30	W Washington Inaugurated, 1789	♑	4	57	6	58

Weather Predictions. — 1st, cold wave, fair and milder; 8th to 10th, hard frost; 16th, moderating; 20th, fair; 25th, cold, backward weather, month cooler than average.

CLARET CONSOMME.

Clear beef stock, Claret and hot water each two cupfuls; 1 stick cinnamon; 1 tablespoonful sugar; yolks of 3 eggs, beaten; whites of 3 eggs, beaten. Pour one cupful of the soup over the beaten yolks, and cook until spoon is coated. Put in the rest and fold in the beaten whites after taking off the fire.

TOMATO CONSOMME.

Half a can of tomatoes; 2 pints of stock; an onion and an apple; 1 tablespoonful butter; 1 tablespoonful (level) flour; 1 bay leaf; pepper and salt. Stick four cloves into the onion and slice the apple, then cook them in the stock, tomato and bay leaf for 25 minutes. Strain and add salt, pepper and the butter and flour creamed together.

NOODLES.

One-third dozen eggs; 1 quart flour; salt. Break the four eggs into the flour and salt and mix well. Divide into four equal parts, roll thin and let dry for 1 hour. Roll and cut into thin strips and shake loose. Put in meat or chicken broth and bring to a boil. Use no water or milk, just mix as above.

ORANGE ICE CREAM.

1 pint thick cream, 2 pints orange juice. Mix orange juice and cream by slowly pouring in the cream. Sweeten to taste and freeze. Fine served with canned strawberries.

Impure blood means poor health and a whole train of ills. Keep your blood pure if you would be well. Whenever your blood is not as pure as it should be take Nyal's Blood Purifier. It is a remedy designed particularly for purifying the blood, and it does. 100 doses for \$1.00.

DATE PIE.

1 pint milk, 2 eggs, 1-3 pound sugar dates, $\frac{1}{2}$ teaspoon salt. Cook milk and dates for one-third of an hour in a double boiler. Strain and put through colander, add eggs and salt and bake in a quick oven at first and then more slowly.

Whenever the children are puny and not growing as they should, give them Nyal's Cod Liver Compound. It is a splendid medicine for them and it is so pleasant that any of them will take it readily.

If you haven't enough hooks in the closets, additional ones can be easily made with empty spools by driving long nails through them.

Dandruff and a diseased scalp will soon thin out the finest head of hair. If your hair is falling, better use Nyal's Hirsutone now. It is a whole lot easier to save the hair you have than to grow a new crop.

PRUNE PIE.

$\frac{1}{2}$ pound prunes, 4 teaspoons lemon juice, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoons butter. Wash and soak prunes, then cook until soft. Take out pits, cut in quarters and add sugar and lemon juice. Boil down liquid to $\frac{1}{2}$ tablespoons. Put lower paste in plate, cover with prunes, add liquid, spread with butter and dredge with flour. Put on top crust and bake in a medium oven.

If any of the little folks do not seem well and you can find nothing that would seem to be the cause, the trouble is probably worms. Better get Nyal's Worm Powders and give tonight and tomorrow morning. Repeat the treatment in a day or so. Nyal's Worm Syrup, Nyal's Worm Chocolates, or Nyal's Worm Lozenges each contain the same active medicinal ingredients as the powders. If preferred, any one of these might be used.

The habit that many people have of using a straw from the broom with which to test bread and cakes is, to say the least, not to be commended. I have found that a wooden toothpick is convenient for that purpose.

That cough of yours may seem not to be worth much attention, but be wise and get rid of it quickly. Nyal's Winter Cough Cure is about the best thing to take. Better get a fifty cent bottle.

Sweet potatoes may be scraped like new Irish potatoes. It is just as easy, for the skin is readily removed in this way before cooking them.

IF YOU WERE BORN IN APRIL

You are likely to be naturally clever at thinking and reasoning, excelling in anything requiring the use of the head and mental abilities. Persons born in April are independent and prefer to settle their own problems. They do not make ideal business partners, but are at their best at the head of an undertaking. They are good friends but do not forget a wrong readily and once an enemy means always an enemy. They are not revengeful, but both men and women are of a jealous nature. The men are usually fortunate in business, and getting money though handicapped by their short temper and sarcastic ways. The women make splendid music teachers and elocutionists. They are fond of spending money and are inclined to be extravagant. The birthstone for April is the Diamond. The lucky months are July and June, and Tuesday is the lucky day. Persons born in April should marry those born in December. April people should never touch stimulants or drugs.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.	
N.M.	6	3	24 A.M.		F.M.	20	2	18 A.M.
F.Q.	13	6	45 A.M.		L.Q.	27	7	4 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1st, to 5th, showers, fair and cooler; 10th, storm period, cool wave; 17th, strong heavy rain; 20th, killing frosts in south; 25th, fair and warmer.

HISTORICAL EVENTS

	Moon signs	Sun rises	Sun sets	Moon rises	
	H M	H M	H M	H M	
1 T	Ascension, St. Philip, St. James		4 56	6 59	2 57
2 F	First Sod turned C. P. R., 1881		4 54	7 0	3 15
3 S	Fleet ordered from Malta, '06		4 53	7 1	3 33
18. SUNDAY AFTER ASCENSION.				Day's Length, 14h.10m.	
4 S	Riots at Chicago, 1886		4 52	7 2	3 51
5 M	Napoleon died, 1821		4 50	7 3	4 12
6 T	King Edward VII. died, 1910		4 49	7 4	Sets
7 W	Accession King George V.		4 48	7 5	9 6
8 T	Eruption of Mt. Pelee, 1902		4 47	7 6	10 14
9 F	Batoche taken, 1885		4 46	7 8 11	15
10 S	Henry M. Stanley died, 1904		4 44	7 9	Morn
19. PENTECOST—WHIT SUNDAY.				Day's Length, 14h.27m.	
11 S	Can. North West Rebellion, 1885		4 43	7 10 0	6
12 M	Gen. Roberts o.c. Kronstadt, 1900		4 42	7 11	0 47
13 T	Pope Pius IX. born, 1792		4 41	7 12	1 19
14 W	Pullman Strike, 1894		4 40	7 13	1 45
15 T	Riel captured, 1885		4 39	7 14	2 8
16 F	Mafeking relieved, 1900		4 38	7 15	2 31
17 S	Alfonso XIII. of Spain born, 1886		4 37	7 16	2 54
20. TRINITY SUNDAY.				Day's Length, 14h.41m.	
18 S	Geo. Meredith died, 1909		4 36	7 17 3	18
19 M	Hon. W. E. Gladstone died, 1898		4 35	7 18	3 45
20 T	Columbus died, 1506		4 34	7 19	Rises
21 W	Balloon Trip across Baltic, 1906		4 33	7 20	9 30
22 T	Corpus Christi		4 32	7 21	10 27
23 F	Henrik Ibsen died, 1906		4 32	7 22	11 13
24 S	Queen Victoria born, 1819		4 31	7 23	11 49
21. 1ST SUNDAY AFTER TRINITY.				Day's Length, 14h.54m.	
25 S	Paris Commune sur., 1871		4 30	7 24	Morn
26 M	Earthquake in U. S., 1909		4 29	7 25	0 18
27 T	Russian Navy defeated, 1905		4 28	7 26	0 41
28 W	Quebec Fire, 1842		4 28	7 26	1 1
29 T	Paris burned, 1871		4 27	7 27	1 20
30 F	Gen. Roberts ent. Johan., 1900		4 27	7 28	1 37
31 S	Pretoria surrendered, 1900		4 26	7 29	1 55

CREAM OF MUSHROOM SOUP.

½ lb. mushrooms; 2 pints chicken or veal broth; 1 slice onion; ¼ cup flour; ¼ cup butter; ½ pint cream; salt and pepper. Cut mushrooms fine and add with the onion to soup. Cook 20 minutes and rub through colander. Heat again and thicken with flour and butter cooked together. Add cream and pepper and salt.

RICE BALLS.

1 cup boiled rice (cold); 1 egg slightly beaten; 1 tablespoon flour; ¼ teaspoon salt; cayenne. Mix together well and form into balls and cook in hot soup.

FISH.

All fish should be eaten fresh and in season. A firm eye and hard flesh indicate freshness and all fish should be personally selected. If frozen thaw by putting in cold water, not warm. To fry use olive oil or pork drippings and use plenty of the fat.

PUMPKIN PIE.

½ pint of steamed and strained pumpkin, 2-3 cups brown sugar, 1 teaspoon cinnamon, ½ teaspoon each salt and ginger, 2 eggs, ½ pint milk, ¼ pint cream. Mix in above order and bake in one crust.

Nyal's Tooth Paste and Nyal's Tooth Powder should be used together. The Tooth Paste two or three times a day and the Powder once a week.

A CURE FOR HICCOUGH.

Fill a cup with cold water, draw a long breath and begin to drink the water very slowly, meantime holding the breath. When compelled to breathe do so carefully and slowly, lest the hiccough begin again. This distressing trouble is a sudden contraction of the wall between the stomach and lungs and the slow drinking of the cold water checks the convulsive movement.

Of themselves your kidneys do not suffer pain, but when they are wrong the signs are pain in the back, sciatica, rheumatism, lumbago or some similar ailment. If you have felt these warnings your kidneys are diseased and you should start treatment right away with Nyal's Stone Root Compound.

Put a scratcher for matches in every room of the house, and save the walls.

Avoid habit forming drugs—Baby's health should be carefully guarded in every instance—Nyal's Baby Cough Syrup is an ideal remedy in every respect—free from opiates—safe and dependable.

SOFT MOLASSES GINGERBREAD.

½ pint molasses, 1-3 cup butter, 1½ teaspoons soda, ½ pint sour milk, 1 egg, 1 pint flour, 2 teaspoons ginger, ½ teaspoon salt. Place molasses and butter in sauce pan and cook to boiling point. Take from fire, add soda and beat well. Add milk, egg well beaten and the powders mixed and sifted. Bake one-quarter of an hour in small buttered tin pans, filling about two-thirds full.

You will never find a better dentifrice than Nyal's Tooth Paste. It's a cleanser, a preservative, an antiseptic, prevents fermentation and yet is delightful to use.

For sore shoulders, galls and wounds on your domestic stock use Nyal's Veterinary Healing Powder. It heals quickly and surely and is much more cleanly than mussy ointments. Only 25 cents a can.

CINGER SNAPS.

½ pint molasses, ½ pint shortening, 3½ cups flour, ½ teaspoon soda, 1 tablespoon ginger, ½ teaspoon salt. Get molasses boiling hot and pour it over the shortening. Mix and sift powders and add. Thoroughly chill. Take one-quarter of the mixture and roll very thin and cut out with a small cutter, first dipped in flour. Roll the trimmings with the next portion. Keep the dough chilled while rolling to make cookies crisp and short.

For that painful burning after shaving just rub in an application of Nyal's Face Cream. It is a quick, pleasant, cooling relief. 25 cent, 50 cent, 75 cent pots.

Lamp chimneys are more quickly and easily cleaned by the steam from a tea kettle, than when washed with soapsuds and wiped dry.

IF YOU WERE BORN IN MAY.

You are likely to be exceptionally clever with both head and hands. Persons born in May are very kind hearted and often allow themselves to be imposed upon. They are usually leaders in any line they undertake, particularly big undertakings. The men succeed as engineers, contractors, builders, lawyers and callings requiring executive ability. May people should learn to keep their temper under control, to avoid strong drink and acquire habits of tolerance for the opinion of others. The women dislike housework, but are fond of embroidery and fancy work and are usually gifted with some special talent which they should cultivate. May and June are the lucky months, and Friday the lucky day. The birthstone is the Emerald. May people should marry with those born in October, September or January.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.	
N. M.	4	2	57 P.M.		F. M.	18	0	54 P.
F. Q.	11	11	37 A.M.		L. Q.	26	0	41 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1st, to 5th, fair period; thunder showers; 10th, warm and dry; 18th, storm period; 21st, cool wave; 25th, fair and warmer.

HISTORICAL EVENTS

22. 2ND SUNDAY AFTER TRINITY.

	Day's Length, 15h.4m.							
1 S Fenian Raid, Ridgeway, 1866	4	26	7	30	2	15		
2 M Peace decl. in South Africa, 1902	4	25	7	30	2	38		
3 T King George V. born, 1865	4	25	7	31	3	6		
4 W Pretoria captured, 1900	4	24	7	32	Sets			
5 T Battle of Stony Creek, 1813	4	24	7	32	9	7		
6 F Sir J. A. Macdonald died, 1891	4	24	7	33	10	2		
7 S Reciprocity Treaty with U.S., '54	4	23	7	34	10	46		

23. 3RD SUNDAY AFTER TRINITY.

	Day's Length, 15h.11m							
8 S First Parliament Ottawa, 1868	4	23	7	34	11	22		
9 M Chas. Dickens died, 1870	4	23	7	35	11	50		
10 T S. S. Slavonia Wrecked, 1909	4	23	7	36	Morn			
11 W St. Barnabas	4	22	7	36	0	14		
12 T Earthquake in India, 1897	4	22	7	37	0	36		
13 F Harriet, B. Stowe born, 1812	4	22	7	37	0	57		
14 S Sir A. Chapleau died, 1879	4	22	7	38	1	20		

24. 4TH SUNDAY AFTER TRINITY.

	Day's Length, 15h.16m							
15 S Gen. Slocum Disaster, 1904	4	22	7	38	1	46		
16 M Gen. Bobrikoff shot, 1904	4	22	7	38	2	17		
17 T Floods in Southern China, 1906	4	22	7	39	2	55		
18 W Battle of Waterloo, 1815	4	22	7	39	Rises			
19 T Cardinal Vaughan died, 1903	4	23	7	39	9	6		
20 F Coronation of Queen Victoria, 1837	4	23	7	40	9	46		
21 S Summer Begins	4	23	7	40	10	17		

25. 5TH SUNDAY AFTER TRINITY.

	Day's Length, 15h.17m.							
22 S George V. Crowned, 1911	4	23	7	40	10	43		
23 M S. S. Victoria sunk, 1893	4	23	7	40	11	5		
24 T St. John Baptist	4	24	7	40	11	24		
25 W Quebec Incorporated, 1840	4	24	7	40	11	42		
26 T Coronation King Edward VII., '02	4	24	7	40	11	59		
27 F Wolfe bombarded Quebec, 1759	4	25	7	40	Morn			
28 S Queen Victoria Crowned, 1838	4	25	7	40	0	17		

26. 6TH SUNDAY AFTER TRINITY.

	Day's Length, 15h.16m.							
29 S St. Peter and St. Paul	4	25	7	40	0	38		
30 M German Lloyd Fire, 1900	4	26	7	40	1	4		

CREAM SAUCE FOR FISH.

1 tablespoonful butter; 1 tablespoonful flour; $\frac{1}{2}$ pint of hot milk or cream; one-third teaspoon salt. Cook flour and butter together, then add the hot milk gradually and cook with stirring until sauce is smooth and free from lumps. For a thicker sauce use two tablespoonfuls of each of the butter and flour.

CREAMED FISH.

2 cups cold fish; $\frac{1}{2}$ pint cream sauce; salt and pepper. Use any cold fish left from a meal and remove bones and skin. Mix with hot white sauce, stirring until smooth.

MEXICAN HASH.

Take the left over of a roast and chop or grid. To every two cupfuls add half can of corn; $\frac{1}{2}$ cup of bread crumbs, and moisten with brown gravy. Season with paprika and place in a buttered dish. Bake 20 minutes and serve with baked potatoes.

OATMEAL COOKIES.

1 egg, 4 tablespoons sugar, 4 tablespoons thin cream, 4 tablespoons milk, $\frac{1}{2}$ cup fine oatmeal, 1 pint flour, 2 teaspoons baking powder, 1 teaspoon salt. Beat the egg, add sugar, milk and cream, then the other ingredients mixed and sifted. Roll out on a floured board, cut in shape and bake in a medium oven.

Pleasantly perfumed and as smooth and fine as silk—Nyal's Talcum Powder. Violet or Rose. 25 cents a tin. Ask for Nyal's if you have never tried it.

Sometimes one finds it difficult to keep a cake while baking from burning on top. Try making a tent out of brown paper and setting it over the cake in the oven. It works like a charm.

WHY MILK SOURS IN THUNDER STORMS.

The old adage that thunder sours milk is declared by Garrett P. Serviss to be only a partial truth. "If there is any effects of this kind," he says, "it must be due to the electric state of the air, rather than to the thunder. The great heat which often accompanies a thunder storm may cause a sudden development of ferments in the milk."

Baby's cough should be attended to at once—and in selecting the remedy choose one that is entirely free from opiates. Nyal's Baby Cough Syrup is such a remedy—safe and dependable.

For heaves in horses give Nyal's Veterinary Chronic Cough Tablets. Price, 50 cents a box.

NUT COOKIES.

$\frac{1}{2}$ pint brown sugar, 2 eggs, $1\frac{1}{2}$ ounces flour, $\frac{1}{2}$ pint nut meats chopped, salt. Take the yolks of the eggs and beat well, then add sugar and nut meats slowly. Have the whites well beaten and add next, then flour and salt. Drop from spoon and bake in a medium oven.

Probably a trip to the country or seashore would do you a heap of good. Some place where you could forget your worries and just rest. However, if you can't get away, get a bottle or two of Nyal's Celery Nervine. It will restore you to health and vigor.

BROWNIES.

$\frac{1}{2}$ pint sugar, 4 tablespoons butter, 1 egg, $\frac{3}{4}$ teaspoons vanilla, 8 tablespoons flour, $\frac{1}{4}$ pint walnuts cut fine, 2 squares Baker's Chocolate melted. Mix the ingredients, adding the chocolate after the egg, sugar and butter and then the other ingredients. Bake in a slow oven in a pan lined with paraffin paper. When done turn out and immediately remove paper and cut cake into strips.

"Just how much flour do you put in, Dinah?" asked a young mistress of her cook. "O, mum, you don't follow any rule, you jest use your judgment." "But suppose you don't have any judgment?" "Then don't cook."

Teething time is a very trying time for nearly every baby. Some seem to get along nicely, but all need careful attention. Keep baby's stomach and bowels right and you will aid them over this time. The best way is to keep Nyal's Teething Syrup on hand and give whenever required.

IF YOU WERE BORN IN JUNE

You are likely to be peculiarly suited for a prominent position in politics or religious work and to excel in literary or scientific work. Persons born in June are kind hearted and often times generous to a fault. They are fond of travel and restless, always inclined to be looking for something particularly good instead of working hard at what they are at. They are proud and with exceptional ability when they settle down to use it. The women are loving and kind, but are inclined to complain and scold. The men have powerful characters and succeed in positions of great responsibility. April and August are the lucky months and Friday the lucky day. June persons should marry with those born in either November or February. The birthstone is the Chalcedony or Agate. Henry Ward Beecher, Peter Paul Rubens and Mrs. Humphrey Ward were born in June.

FLAVORING EXTRACTS and SPICES

It pays to buy the best in spices or flavoring extracts not only because they give your cooking a fuller and more appetizing flavor but because full strength goods go further than those weakened down to sell at a certain price.

Get them at the drug store and know you are getting the best and purest to be obtained.

Also

PURE Cream Tartar
PURE Baking Soda
PURE Olive Oil

at the same price as you pay elsewhere for ordinary goods.

MANY USES FOR KEROSENE.

To clean the graniteware of smoke and discolorations, wet an old cloth with kerosene and wipe the smoke away. You will be surprised at the ease of the operation.

A correspondent of the Delineator gives more ways in which kerosene is valuable in the household.

To clean the paint where soiled fingers have smudged it around the door knobs, use kerosene. If the kitchen stove looks rusty rub it well with kerosene. Cut the grease from your drains and sink by using kerosene on a brush.

When the oilcloth on the kitchen table becomes stained, rub well with kerosene and wipe clean with fresh cloths.

Put some kerosene in your starch and see what an easy ironing day you will have. If your irons are rough, wet a cloth with kerosene, and while the irons are very hot rub them on the cloth vigorously.

When a knife gets rusty let it stand in kerosene a few hours and then thrust it into the ground several times, and see the rust disappear.

Wet a rag in kerosene and stuff it into the rat hole in the shed and the rat will come no more to that hole.

Before giving up neglected machinery and tools as hopeless, try kerosene to remove the rust from them.

You know of sarsaparilla as a standard blood purifier and tonic. Combined with other remedies, as in Nyal's Sarsaparilla, it is particularly effective. We strongly recommend this as an appetizer or blood enricher or for clearing the skin of blotches, etc. \$1.00 a bottle.

Show the boys how to take the spots out of their own clothing. Nyal's Klenem is the thing for them to use. It's safe.

If bed bugs or similar pests should ever get into your house, just get Nyal's Death to Bugs and you can soon get rid of them.

CHOCOLATE CAKE.

4 eggs, $\frac{1}{2}$ pint milk, 1 teaspoon vanilla, 2 ounces chocolate, $\frac{1}{4}$ pound butter, $1\frac{1}{2}$ cups sugar, 1 teaspoon baking powder, $1\frac{1}{2}$ cups flour. Use five tablespoons of boiling water to dissolve the chocolate, and having beaten the butter to a cream add the yolks of the eggs and beat again; add the milk, chocolate and flour. Stir well, after beating the whites until stiff, stir them slowly in and after adding vanilla and baking powder bake in a medium oven for three-quarters of an hour.

If you are troubled with kidney weakness carry Nyal's Kidney Pills with you and don't miss a treatment. You can't afford to neglect it—if you do it will result in a complication of diseases.

The life of a garden hose may be lengthened by giving it a coat of paint, thinned out with linseed oil.

CHOCOLATE CARAMEL CAKE.

$\frac{1}{2}$ pound butter, 1 pint sugar, 2 pints flour sifted, whites of 7 eggs, 2 teaspoons (level) baking powder. Bake to make two layers. For filling use 2 cups sugar, $\frac{1}{2}$ cake chocolate, $\frac{1}{2}$ pint milk and butter size of a small egg. Cook until it will stand in water and add a teaspoon of vanilla. Cool and spread.

Use Nyal's Tooth Paste three times a day or morning and night at least, and your teeth will be always pearly and white. It is a splendid cleanser and its alkaline, antiseptic nature makes it an efficient saver of teeth.

To cut an iced cake without crumbling it, dip the knife for a few seconds in hot water.

To keep cheese from molding just wrap it in a piece of cloth wet or dampened in vinegar, and it will remain fresh for weeks.

Nyal's Corn Remover is a liquid which when painted over your corns dries almost at once and forms a protective coating, giving relief at once. It softens the hardened tissue and a hot foot bath at the end of three days will enable you to remove the corn.

QUALITY COUNTS

in medicine more than in any other line of merchandise. It is very important to buy your drugs of a store that has character and a reputation for reliability.

A little difference makes a big difference in the measuring or preparing of drugs.

The grocer or dry goods man can perhaps do a little guessing without any particular harm resulting but it won't do for the druggist. Measuring to a drop, weighing to a hair must always characterize the honest pharmacist.



MOON PHASES—EASTERN STANDARD TIME.

	D. H. M.		D. H. M.
N. M.	4 0 6 A.M.		F. M. 18 1 6 A.M.
F. Q.	10 4 37 P.M.		L. Q. 26 4 59 A.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS	Moon signs	Sun rises	Sun sets	Moon rises
M	W		H M	H M	H M	H M
1	T	Dominion Day, 46 years	λ	4 26	7 40	1 37
2	W	President Garfield shot, 1881	λ	4 27	7 40	2 19
3	T	Cervera's Fleet destroyed, 1898	λ	4 27	7 40	3 14
4	F	Independence Day, U. S.	λ	4 28	7 40	Sets
5	S	Venezuela Independent, 1811	λ	4 29	7 39	9 20

27. 7TH SUNDAY AFTER TRINITY.		Day's Length, 15h.10m.
6	S	Cromwell's First Parliament, 1653
7	M	British occupy Bethlehem, 1900
8	T	Great Fire in Boston, 1908
9	W	York made Cap. of Up. Can., 1793
10	T	Gibraltar captured, 1703
11	F	Turkish Troops in Armenia, 1906
12	S	Battle of Boyne, 1690

28. 8TH SUNDAY AFTER TRINITY.		Day's Length, 15h.2m.
13	S	Canadian Treaty, Japan, 1906
14	M	Paul Kruger died, 1904
15	T	Prov. Manitoba formed, 1870
16	W	London, Ont., Disaster, 1907
17	T	Lachine Canal begun, 1821
18	F	Lady Curzon died, 1906
19	S	Quebec Tercentenary, 1908

29. 9TH SUNDAY AFTER TRINITY.		Day's Length, 14h.52m.
20	S	Pope Leo XIII. died, 1903
21	M	Battle of Bull Run, 1861
22	T	Reciprocity Bill passed in U.S., '11
23	W	Gen. Grant died, 1885
24	T	Battle of Niagara, 1813
25	F	St. James
26	S	First P. O. in America, 1775

30. 10TH SUNDAY AFTER TRINITY.		Day's Length, 14h.38m.
27	S	Bank of England founded, 1695
28	M	Atlantic Cable laid, 1866
29	T	Alex. Dumas born, 1824
30	W	Earthquake in Mexico, 1909
31	T	Archbishop Walsh died, 1898

Weather Predictions. — 1st, hot wave, occasional thunder storms, warmer; 10th, violent wind storms; 15th, hot wave, thunder storms; 20th to end of month, generally fair.

DUMPLINGS.

1 pint flour; 4 teaspoonfuls baking powder; $\frac{1}{2}$ tablespoonful butter; $\frac{1}{2}$ teaspoon salt; $\frac{3}{4}$ cups milk. Mix and stir the powders and work in butter with the fingers. Gradually add milk, cutting it in with a knife. Mix well and cook in beef stew or soup for 15 minutes.

BEEF AND POTATO CAKE.

$\frac{1}{2}$ pint cold corned beef; 1 pint mashed potatoes; 1 egg; $\frac{1}{2}$ tablespoon parsley, chopped fine; seasoning. Grind or chop meat and mix with potatoes, slightly beat the egg and add with parsley and pepper and salt. Make into balls and flatten to make a cake. Dredge with flour, dip in egg and crumbs and fry in deep fat.

COTTAGE PIE.

Grease a small baking dish cover the bottom with hot mashed potatoes, add a thick layer of roast beef chopped fine, seasoned with salt, pepper and onion juice and moist with gravy. Put mashed potatoes on top of this and place in a good hot oven to thoroughly heat through.

WHITE FRUIT CAKE.

2 cups butter, 4 cups flour, 2 cups sugar, $\frac{1}{4}$ pint sherry, whites of 1-3 dozen eggs beaten stiff, 1 fresh cocoanut grated, 1 pound almonds blanched and cut in strips, $\frac{1}{2}$ pound angelica chopped fine, 2 pounds Sultana raisins, 2 teaspoons vanilla, 1 teaspoon essence almonds. Cream the butter and add slowly sugar, essence and the wine. Add alternately the eggs and flour and then the fruit.

Try applying Nyal's Teething Lotion as a relief for the painful inflamed condition of baby's gums when cutting teeth. Its application is a splendid relief. Nyal's Baby Laxative for internal administration is also valuable during this fretful time.

Use Nyal's Eas'em for tired, aching and sweaty feet—sprinkle a little into the shoes—your feet won't trouble you—prevents that itching and burning which so often makes you miserable.

Indigestion may be quickly relieved by taking Nyal's Dyspepsia Tablets. They contain active digestants which digest the food and relieve the distress. Price 25 cents and 50 cents.

POUND CAKE.

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups flour, 4 eggs 1 teaspoon baking powder, 1 teaspoon essence almonds. Beat the butter and sugar to a cream, add the yolks well beaten and then the flour and baking powder by turns with the beaten whites. Bake in a slow oven.

Give the children Nyal's Aromatic Castor Oil. The disagreeable taste of the natural oil is overcome and they will not mind taking Nyal's.

JELLY ROLL CAKE.

$\frac{1}{2}$ pint sugar, $\frac{1}{2}$ pint flour, 1 teaspoon baking powder, 3 eggs, $\frac{1}{2}$ ounce butter. Add the sugar after the eggs have been beaten very light, now the melted butter and the flour and baking powder sifted. Bake in shallow pans lined with paper, 12 minutes in a quick oven. Remove from pan at once and take off paper. Put on jelly and roll while warm.

After using Nyal's Condition Powders for a rundown horse, a horse owner remarked that though he had fed a good many different animal tonics, he believed Nyal's Condition Powders gave better results than any other. 25 cents buys a pound package. Ask us about the other Nyal Veterinary Remedies.

It is a surprise how many housewives fail to care for the teapot properly. It should be emptied and washed thoroughly after using. Warmed over tea is not fit to drink.

ANGEL FOOD.

11 eggs (whites only), 1 teaspoon vanilla, $\frac{3}{4}$ pint sifted icing sugar, $\frac{1}{2}$ pint of sugar, $\frac{3}{4}$ pint of flour, 1 teaspoon cream tartar. After beating the whites of the eggs to a stiff froth add the sugar and flour which have been previously sifted separately eight times, to the beaten whites. Bake two-thirds of an hour and be careful to use a pan which has never been greased.

To limber up aching muscles use Nyal's White Liniment. It comes in two sizes, 25 cents and 50 cents. Just the thing to remove the soreness and stiffness caused by unwonted exercise or sprains.

Nyal's Eas'em rests tired feet. Dust in your shoes.

IF YOU WERE BORN IN JULY

You are likely to be endowed with exceptional intelligence and to be capable of doing big things. Persons born in July are noble, upright and true and fond of home life. They are kind hearted and generous, but are apt to appear somewhat forceful and domineering in their ways. They are very quick to notice slights and are fond of praise. The women succeed best at public works and have ability in literary and intellectual work of any kind. The men succeed best as architects, engineers or callings requiring great tact and talent for management. September and February are the lucky months, and Monday their lucky day. The birthstone for the month is the Ruby. July persons should marry with those born in January, March or November.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.		
N. M.	2	7	58	A.M.	L. Q.	24	7	18	P.M.
F. Q.	8	11	3	P.M.	N. M.	31	3	38	P.M.
F. M.	16	16	3	27	P.M.				

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS			Moon signs	Sun rises	Sun sets	Moon rises
W	M				H M	H M	H M	H M

1	F	Japan declared War, 1894		4	52	7	20	3	13
2	S	Louis Riel found guilty, 1885		4	53	7	19	Sets	
31. 11TH SUNDAY AFTER TRINITY. Day's Length, 14h.24m.									
3	S	Gr. Brit., U. S. and Fr. Treaty, '11		4	54	7	18	8	18
4	M	Pope Pius X, elected, 1903		4	55	7	16	8	43
5	T	First Parcel Post to England, 1886		4	56	7	15	9	6
6	W	Toronto Ferry Docks burned, '07		4	57	7	14	9	28
7	T	Corinthian Ship Canal opened, '93		4	58	7	13	9	52
8	F	Transvaal Ceded to Boers, 1881		4	59	7	11	10	19
9	S	Mayor Gaynor shot, 1911		5	07	10	10	53	

32.	12TH SUNDAY AFTER TRINITY.	Day's Length, 14h.8m.
10	S	Battle of Chevchase, 1388
11	M	Cardinal Newman died, 1890
12	T	Peace Protocol signed, 1898
13	W	Florence Nightingale died, 1910
14	T	Jeffries defeated Corbett, 1903
15	F	Capture of Pekin, 1900
16	S	Brock captures Detroit, 1812

33.	13TH SUNDAY AFTER TRINITY.	Day's Length, 13h.51m.
17	S	General Ry. Strike in Eng., 1911
18	M	Hon. W. D. Balfour died, 1896
19	T	River St. Lawrence dis., 1535
20	W	British seized Suez Canal, 1860
21	T	Fire at Haileybury, 1906
22	F	Lord Salisbury died, 1903
23	S	British captured Hong Kong, 1839

34.	14TH SUNDAY AFTER TRINITY.	Day's Length, 13h.32m.
24	S	St. Bartholomew
25	M	Victoria Bridge opened, 1860
26	T	Prince Consort born, 1819
27	W	Storm at Charleston, 1911
28	T	Floods in Mexico, 1909
29	F	St. Lawrence Bridge Disaster, '07
30	S	Richard Mansfield died, 1907

35.	15TH SUNDAY AFTER TRINITY.	Day's Length, 13h.14m.
31	S	John Bunyan died, 1688

Weather Predictions. — 1st, temperature in 90's, clear and hot; 15th, local electrical storms; 25th, warm wave; 28th, cool wave, light frost, earthquake shocks probable.

MEATS AND POULTRY.

Always remember that the cheaper parts of a first class animal can usually be prepared to furnish far better dishes than the high priced portions of an inferior animal, in other words, a stew from the forequarter of a first class animal will be better than a roast from the loin of an inferior animal and will be cheaper.

Tough meat if soaked in vinegar and water for 6 to 7 hours will be much improved. Use three parts of vinegar to eight parts of water.

Never let meats remain wrapped in paper, but place on a dish, also never place directly on ice but on a dish.

Do not let meat soak in water. If necessary to clean wash with a clean wet cloth and dry thoroughly.

Whether to be roasted or boiled, always give meat the greatest heat first.

To boil, place in boiling water unless making soup, when cold water should be used.

MOLASSES COOKIES.

1 egg, $\frac{1}{2}$ pint molasses, $\frac{1}{2}$ pint brown sugar, $\frac{1}{2}$ pound butter or lard or equal parts of two, 1 tablespoon each ginger, soda and vinegar, 1-3 cup hot water and salt. Cream the egg and sugar. Mix in molasses, shortening and ginger and add the soda dissolved in the hot water. Add vinegar and then flour at once. Make stiff enough to roll and cut out.

Prompt and effective treatment is required in even the slightest of kidney ailments. Start early and use Nyal's Kidney Pills. They strengthen the kidneys and cleanse the blood of impurities.

To rid the house of flies use Nyal's Death to Flies. It is a convenient and effective poison, and will kill them by the million. Four sheets, 5 cents; nine sheets, 10 cents.

Catarrh is most successfully treated by suitable local applications. Any catarrh specialist will usually advise alkaline antiseptic douches. There is nothing better than Nyal's Catarrh Remedy. It is a treatment consisting of a large bottle of an antiseptic and alkaline liquid and a glass douche for its application. If you have catarrh, get Nyal's Catarrh Remedy and go at the treatment and keep persistently at it. That's the only way to get rid of catarrh.

Feet tired out—swollen and tender? Sprinkle Nyal's Eas'em into the shoes the first thing in the morning—it means foot comfort.

SHAMROCKS.

1 pint sugar, 1-3 pound butter, $3\frac{1}{4}$ cups flour, 4 teaspoons baking powder, 4 eggs, $\frac{1}{2}$ teaspoon mace, $\frac{1}{2}$ pint milk, 1 teaspoon rosewater. Add the sugar slowly to the creamed butter. Beat the yolks of the eggs and add. Sift the other dry ingredients and add in turn with the milk. Add rosewater and fold in the egg whites beaten stiff. Bake in small tins and cover with boiled frosting and ornament with ornaments cut from citron peel or angelica in the shape of a tiny shamrock.

Now that the canning season is at hand look 'first to the supply of cans, jars, etc., make sure that all are perfectly cleaned, that jar and top are mates and that a good rubber is ready for each jar, and if any tops are bent see that they are straightened out. To test their airtightness, half fill with water, fit on tops and rubbers and turn the cans bottom up on a dry table; if the slightest drop oozes, a new rubber or a better fitting top is needed. A supply of clean bottles and new corks of assorted sizes should be at hand, for all through the canning season there is likely to be a little syrup left over from this or that fruit, that if saved would make a pleasant beverage or pudding sauce. If there is but half a pint, put it boiling hot into a bottle, cork and cover with melted paraffine or sealing wax and it will come in handy next winter.

For sunburn or for winter's chaps and wind irritation, Nyal's Almond Cream is a splendid soothing application. 25 cents a bottle.

IF YOU WERE BORN IN AUGUST

You are likely to be splendidly kind hearted and generous with a distinctive personality and noble ideals. Persons born in August are fond of amusement and reading and are guided more by intuition than by calm reasoning. They often have a very quick temper but are conscientious, hard working and are usually successful. The men are born leaders and should follow their own intuitions in spite of what others may say. The women are loving, fond of children and adapted to domestic life, being splendid cooks. They have cheerful, sunny dispositions and draw people to them unconsciously. People born in August should not marry early in life, but later, and will find their best companion from those born in December, October or September. The August birthstone is the Sardonyx or Carnelian. The lucky months for August people are January and October and Sunday is the fortunate day. Their motto should be "Plan and Act."



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.
F. Q.	7	8	6 A.M.	L. Q.	23	7	30 A.M.
F. M.	15	7	46 A.M.	N. M.	29	11	57 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1st, thunder showers; 7th to 10th, rising temperature, hot wave, heavy rains in northwest; 20th, frost, then warmer to end of month.

D	D	HISTORICAL EVENTS			Moon signs	Sun rises	Sun sets	Moon sets
M	W				H	M	H	M
1	M	Louis XIV. died, 1715				5	24	6 35
2	T	Battle of Omdurman, 1898				5	25	6 33
3	W	2nd Eruption of Mt. Pelee, 1902				5	26	6 31
4	T	Republic proclaimed at Paris, 1870				5	27	6 30
5	F	Portsmouth Treaty signed, 1905				5	29	6 28
6	S	President McKinley shot, 1901				5	30	6 26

36. 16TH SUNDAY AFTER TRINITY. Day's Length, 12h.53m.								
7	S	Battle of Belmont, 1861				5	31	6 24/10 19
8	M	Galveston inundated, 1900				5	32	6 23 11 14
9	T	S. S. Pere Marquette lost, 1910				5	33	6 21 Morn
10	W	Gold dis. in California, 1847				5	34	6 19 0 16
11	T	Yonge St. Ry. Toronto, 1861				5	35	6 18 1 22
12	F	Kruger leaves Africa, 1900				5	36	6 16 2 28
13	S	Wolfe captures Quebec, 1759				5	37	6 14 3 33

37. 17TH SUNDAY AFTER TRINITY. Day's Length, 12h.34m.								
14	S	Montcalm died, 1759				5	38	6 12 4 36
15	M	Egyptian War ends, 1888				5	39	6 11 Rises
16	T	Moscow burned, 1812				5	40	6 9 6 32
17	W	Mt. Cenis Tunnel opened, 1871				5	41	6 7 6 50
18	T	Prince Herbert Bismarck died, 1904				5	42	6 5 7 10
19	F	St. Clair Tunnel opened, 1891				5	43	6 3 7 24
20	S	Battle of Alma, 1854				5	44	6 2 8 4

38. 18TH SUNDAY AFTER TRINITY. Day's Length, 12h.14m.								
21	S	St. Matthew				5	46	6 0 8 41
22	M	Hon. J. M. Gibson, Lt.-Gov., '08				5	47	5 58 1 29
23	T	Autumn begins				5	48	5 56 10 29
24	W	Battle of Monterey, 1846				5	49	5 55 11 40
25	T	Hudson-Fulton Fete, 1909				5	50	5 53 Morn
26	F	Relief of Lucknow, 1857				5	51	5 51 0 58
27	S	Nelson born, 1758				5	52	5 49 2 19

39. 19TH SUNDAY AFTER TRINITY. Day's Length, 11h.55m.								
28	S	Queen Louise Denmark died, 1898				5	53	5 48 3 40
29	M	Michaelmas Day				5	54	5 46 5 1
30	T	Lord Roberts born, 1832				5	55	5 44 Sets

FRIED OYSTERS.

4 eggs (yolks); 3 tablespoons milk; salt and cayenne; oyster cracker dust. Thoroughly beat the egg yolks, milk and salt and a very small pinch of cayenne. Dip the oysters in this roll cracker dust and repeat. Fry in hot lard to cover them and serve at once.

FILLING FOR OYSTER PATTIES.

4 tablespoons butter; 1 cup sweet cream; pepper; salt; 3 tablespoons flour; 36 oysters. Melt the butter, add flour and having boiled the cream stir all together. Cook oysters just through in their own broth. Strain off broth and add the cream sauce and this is ready for the patty crusts.

LAMB CUTLETS BREADED.

Brush each cutlet with white of egg and roll in bread crumbs. Fry in hot fat and serve with mint sauce.

LADY FINGERS.

Beat well the yolks of 4 eggs with 1-3 pint of icing sugar, 1-3 pint of flour well sifted and pinch of salt. Add the whites of half a dozen eggs beaten stiff and press through a tube of waxed paper. Sprinkle or roll in powdered sugar and bake in a slow oven for 8 minutes.

A real creamy cold cream, a splendid application for irritated skin or any sores or chaps—that's Nyal's Improved Cold Cream. 25 cents a pot.

The kidneys and liver are the filters or purifiers of the blood. By acting on these organs and stimulating them to proper condition Nyal's Mountain Herb Tablets effectively purify the blood. 200 tablets for \$1.00—one tablet a dose—making a very economical medicine.

Paint the vinegar barrel, hoops and all, and save them from rusting off and making a mess in the cellar.

To make your hair soft and fluffy use Nyal's Shampoo Powder. It is antiseptic and its use enables you to effectively cleanse the hair and refresh the scalp.

Many a good cane seated chair has been spoiled by stepping into it. If you ever do a thing of that kind, lay a piece of board over the top and save breaking the cane.

To get relief from Hay Fever and Asthma, burn a little Nyal's Asthma Remedy. It will give quick relief from the spasms.

HONEY CAKES.

Mix $\frac{1}{4}$ pound granulated sugar with a pint of honey and half a cup of butter, and the juice of a lemon. Mix well and then add enough flour to make a stiff paste. Cut into cakes and bake in pans that have been buttered.

Keep Nyal's Kidney Pills in the home—take them often—keep the kidneys in a healthy condition — impaired action means serious trouble for you—guard against it.

NUT MACAROONS.

White of 1 egg, $\frac{1}{2}$ pint brown sugar, $\frac{1}{2}$ pint pecan nuts finely chopped, $\frac{1}{2}$ teaspoon salt. Beat the egg white and add other ingredients. Drop on an unbuttered sheet and bake to a nice brown in medium oven.

Oftentimes the children will get "boos" from other children with less careful parents. It's no disgrace; don't worry about it. Get a bottle of Nyal's Larkspur Lotion and you can soon get rid of them. 25 cents a bottle.

Save seeds from the flowers and garden crops. Gather them when ripe, store in muslin sacks, hanging them up until the seeds are thoroughly dry, then put them in tin boxes or pails, safe from mice.

The pleasant spearmint flavor of Nyal's Tooth Paste appeals to practically everyone. Get a tube. You'll like it, too.

If your potato kettle burns on the bottom, set it in a basin of cold water, and the burnt taste can not be detected.

IF YOU WERE BORN IN SEPTEMBER

You are likely to be very methodical and love orderliness and system about everything. Persons born in this month are not likely to let sentiment rule them, but will calmly reason things and then do what is best. They are not stingy, however, and give generously to worthy causes. The men find their best field of work in chemistry, teaching, or literary work. The women excel as teachers of music and newspaper writers. Both men and women are fond of travelling and money comes to them easily, enabling them to gratify their wishes. They have lots of ability and only need to cultivate habits of tolerance and unselfishness to win the greatest successes. February and July are the lucky months, and Wednesday the lucky day. The September birthstone is the Sapphire, and September people will find their matrimonial affinities among March, August or May people.

OCTOBER

1913

MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.	D.	H.	M.
F. O.	6	8	48 P. M.	L. O.	22	5
F. M.	15	1	7 A. M.	N. M.	29	9

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

HISTORICAL EVENTS

		Moon signs	Sun rises	Sun sets	Moon rises		
			H M	H M	H M		
1	W	Madero Pres of Mexico, 1911	λ	5	56	5 43	6 18
2	T	First R. R. in U. S., 1833	λ	5	58	5 41	6 49
3	F	Rus.-Japan Treaty concluded, '07	λ	5	59	5 39	7 26
4	S	Bartholdi died, 1904	λ	6	59	5 37	8 11

40. 20TH SUNDAY AFTER TRINITY. Day's Length, 11h.35m.

5	S	Tecumseh died, 1813	λ	6	1	55	36	9	6
6	M	Lord Tennyson died, 1892	λ	6	2	55	44	10	8
7	T	C. P. R. Strike ended, 1896	λ	6	3	55	32	11	14
8	W	Chicago Fire, 1871	λ	6	4	55	31	Morn	
9	T	Verdi, composer, born, 1813	λ	6	5	55	29	0	20
10	F	Kruger born, 1825	λ	6	7	55	27	1	25
11	S	Boer War began, 1899	λ	6	8	55	25	2	28

41. 21ST SUNDAY AFTER TRINITY. Day's Length, 11h.15m.

12	S	Columbus dis. America, 1492	λ	6	9	5	24	3	30
13	M	Sir Henry Irving died, 1905	λ	6	10	5	22	4	31
14	T	Mar. of Lorne G.-Gen., 1878	λ	6	11	5	20	5	33
15	W	Napoleon at St. Helena, 1815	λ	6	13	5	19	Rises	
16	T	M. Antoinette guillotined, 1793	λ	6	14	5	17	5	39
17	F	Julia Ward Howe died, 1910	λ	6	15	5	16	6	7
18	S	St. Luke Evangelist	λ	6	16	5	14	6	42

42. 22ND SUNDAY AFTER TRINITY. Day's Length, 10h.56m.

19	S	Surrender of Cornwallis, 1781	λ	6	17	5	13	7	26
20	M	Siege of Kimberley began, 1899	λ	6	18	5	11	8	21
21	T	Jenny Lind born, 1820	λ	6	19	5	10	9	27
22	W	John Sherman died, 1900	λ	6	21	5	8	10	40
23	T	Gen. Buller retired, 1906	λ	6	22	5	7	11	57
24	F	Desjardins Canal Accident, 1854	λ	6	23	5	5	Morn	
25	S	Charge of Balaklava, 1854	λ	6	24	5	4	1	15

43. 23RD SUNDAY AFTER TRINITY. Day's Length, 10h.37m.

26	S	Theo. Roosevelt born, 1858	λ	6	25	5	2	33	
27	M	Capt. Cook born, 1728	λ	6	26	5	1	3	51
28	T	St. Simon and St. Jude	λ	6	28	5	0	5	19
29	W	Siege of Ladysmith began, 1899	λ	6	29	4	58	Sets	
30	T	2nd Contingent left for Africa, 1899	λ	6	30	4	57	5	18
31	F	Halloween	λ	6	32	4	55	6	0

Weather Predictions. — 1st to 10th, fair period, frosty nights, then turning warmer; 15th, cold wave and general frost; 20th, moderating; 25th, fine, sunny days, month cool.

BEEF LOAF.

2 lbs. round steak; 1 lb. fresh pork; 1/4 doz. green peppers; 1/4 nutmeg; crumbs of 3 biscuits; 1/2 pint stewed tomatoes. Grind meat and peppers and then add tomatoes and salt and pepper to season. Form into a loaf with cracker crumbs and bake three-quarters of an hour in a good sized pan. Baste often with butter.

MEAT PIE.

1 knuckle of veal; 1 slice carrot; 1 slice onion; a bit of mace, bay leaf, and parsley; 1 dozen peppermints; 1/2 lb. lean ham (raw); 4 tablespoons flour; 4 tablespoons butter; 24 bearded oysters. Remove bones from the meat and heat them and vegetables slowly to boiling. Put in the meat to cook until meat is tender. Take out meat and boil soup down to a pint. Cover ham in frying pan with warm water and leave on back of stove for an hour. Brown the butter, add flour, then the soup and next the ham and veal in small pieces. Simmer 20 minutes and add oysters. Put in dish and cover with a ready baked cover of pie paste.

HOT RUSKS.

1/2 pound butter, 2 eggs, 1 1/2 pints flour, 1/2 pint milk, 1/2 pint sugar, a pinch of salt, 2 teaspoons baking powder. Work the butter into the sifted flour and baking powder and add the eggs beaten and milk.

One should always have handy in the medicine chest a remedy for prompt use in any of the probable emergencies that may happen. Such a medicine is Nyal's Pain Relief. It has so many uses that it is a practical medicine chest in itself. It quickly relieves pain whether external or internal. Taken internally it provides prompt relief for colic, diarrhoea, cramps, dysentery, sour stomach, heart-burn, belching of wind, cholera or cholera morbus. Externally applied it has widely varied uses, applied freely with vigorous rubbing and the painful parts covered with a hot flannel soaked in it, it will relieve rheumatism, stiff neck, lumbago, etc. Nyal's Rheumatic Cure should be taken internally as for the old chronic cases. For colds and gripe, a teaspoonful of Nyal's Pain Relief taken in hot water every two or three hours with a good application to the chest will be sufficient for many cases. Applied externally it also relieves sprains, bruises, strains, burns, chil-blains, scalds, etc.

Begin today to teach the children the value of money by giving each one an allowance.

Nyal's Veterinary Remedies are scientific and dependable medicinal preparations. We recommend them.

SCONES.

1 pint flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1-3 cup sugar, 1 egg, 1 1/2 ounces butter. Make into a dough with milk, half and roll out thick as a biscuit. Mark into quarters or sixes and bake quickly.

A cough that gets deeply seated in the bronchial tubes is difficult to get rid of. The best thing we can recommend is Nyal's Cod Liver Compound.

A home made, double decked fruit drier can be made of two window screens, the upper supported by four legs nailed to the corners, the lower suspended to it by wires. The legs should be long enough to raise the drier far enough above the stove to prevent danger of scorching, and should extend at the top to support mosquito netting to keep the flies away. Even with a low fire, fruit will dry rapidly; artificial heat is better than the sun, as there is less risk of fermentation.

HONEY MUFFINS.

3 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 ounce butter, 3 eggs (beaten), 1/2 pint honey, 1 cup milk. Sift the first three together and add the other ingredients. Bake in a quick oven.

Internal piles cannot be reached by ordinary local treatment. An effective remedy is provided in Nyal's Rectone. It comes in a collapsible tube with a special tip and can be readily and conveniently applied. Price, 50 cents.

IF YOU WERE BORN IN OCTOBER

You are likely to be enthusiastic and hopeful and with marked abilities that will enable you to be successful and reach a high position. Persons born in October are inclined to be careless about money, generous to extravagant recklessness. They should strive to realize the real worth of money. They are inclined to worry and fret and to succeed must overcome this tendency. The men usually become brokers or real estate dealers and the women succeed in the arts, being good at music or literary work. They hate housework and while not as reckless as the men, are more extravagant. October people should strive for poise and patience. The birthstone is the Beryl or Opal. October people should marry those born in March, August, May or February. Their lucky months are August and December and Friday is their lucky day. Lord Macaulay and Theodore Roosevelt were born in October.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.	
F. O.	5	1	34 P.M.		L. O.	21	2	56 A.M.
F. M.	13	6	11 P.M.		N. M.	27	8	41 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS			Moon	Sun	Sun	Moon
M	W				signs	rises	sets	sets
		H	M	H	H	M	M	H

1	S	All Saints' Day		6	33	4	54	6 52
44. 24TH SUNDAY AFTER TRINITY. Day's Length, 10h.18m.								
2	S	Rebellion in Canada, 1838		6	34	4	52	7 52
3	M	Shanghai captured, 1911		6	35	4	52	8 58
4	T	Warsaw Massacre, 1794		6	36	4	50	10 6
5	W	Gunpowder Plot discovered, 1604		6	38	4	49	11 13
6	T	First Dom. Parliament, 1867		6	39	4	48	Morn
7	F	Driving Last Spike on C. P. R., '85		6	40	4	47	0 18
8	S	John Milton died, 1674		6	42	4	48	1 20

45.	25TH SUNDAY AFTER TRINITY.	Day's Length, 10h.2m.
9	S	King Edward born, 1841
10	M	Martin Luther born, 1483
11	T	Chicago Anarchists hung, 1887
12	W	G. T. RY. opened to Toronto, 1856
13	T	Earl Minto Gov.-Gen., 1898
14	F	Mme. Steinheili acquitted, 1909
15	S	Oxford conf. Deg. Emp. Wm., '07

46.	26TH SUNDAY AFTER TRINITY.	Day's Length, 10h.46m.
16	S	Louis Riel executed, 1885
17	M	Suez Canal opened, 1879
18	T	St. Peter's at Rome cons'r'd, 1626
19	W	Standard Time adopted, 1883
20	T	Sir Wilfrid Laurier born, 1841
21	F	Port Arthur cap'd by Japs, 1904
22	S	Sir Arthur Sullivan died, 1900

47.	27TH SUNDAY AFTER TRINITY.	Day's Length, 9h.33m.
23	S	R. R. Wreck in France, 1911
24	M	Strike Riots in Havana, 1902
25	T	Penny Postage with Australia, '07
26	W	Battle of Modder River, 1899
27	T	Alex. A. Dumas died, 1895
28	F	Americans repulsed, 1812
29	S	Horace Greeley died, 1872

48.	1ST SUNDAY IN ADVENT.	Day's Length, 9h.21m.
30	S	St. Andrew's

Weather Predictions. — 1st, mild period, turning colder about 7th, snow storms; 15th, fair and warmer; 20th, very warm; 26th to 30th, unsettled, fair and frosty.

BROILED FINNAN HADDIE.
Soak finnan haddie an hour in milk, and broil. Spread with melted butter, serve with lemon.

CORN FRITTERS.

½ pint flour; 1 can corn; 2 teaspoons salt; 1 teaspoon baking powder; 2 eggs. Mix the powder and sift. Beat egg yolks thick and add and then work in the whites beaten stiff. Fry in fresh hot lard.

BAKED TOMATOES.

Take half a dozen smooth, medium sized tomatoes and remove a slice from the top. Take out seeds and pulp. Drain off the liquid and mix with cracker crumbs, pepper, salt, and onion juice and fill up tomatoes with this. Bake 20 minutes in a hot oven.

RICE PUDDING.

2 pints milk; 1-3 cup rice; ½ teaspoon salt; 1-3 cup sugar, and the grated rind from half a lemons. Wash the rice and mix articles and pour into buttered pudding dish. Bake in a very slow oven for 3 hours. Stir every 20 minutes for three times to keep the rice from going to bottom.

CORN PUFFS.

1 can corn, 2 eggs, salt, $\frac{1}{4}$ pint milk, $\frac{3}{4}$ pints flour, 1 teaspoon (heaped) baking powder. Sift the flour and baking powder together and after making a pulp of the corn by rubbing through a colander, mix with the milk, yolks of eggs, salt, etc., then fold in the whites of the eggs and bake in well greased pans for one-third of an hour.

Right at the outset of a cold or whenever you feel one coming just take Nyal's Laxacold and you will without doubt succeed in breaking it up. Keep a box of Laxacold in the house for just these occasions.

APPLE DUMPLINGS COOKED IN PAPER BAGS.

Pare and core the apples, fill the core with sugar, a lump of butter, a sprinkle of cinnamon, wrap up in shortcake crust, and pin it in a paper bag, greased with butter. Place on a wire gridiron in a moderate oven and cook 25 minutes.

Babies do require corrective medicine and Nyal's Baby Tablets are a reliable and suitable laxative or corrective for disordered conditions of the stomach and digestion.

An envelope pasted on the inside of the cover of the cook book is a handy device for keeping loose recipes.

Men, women and children—in all walks of life—who are in a nervous rundown condition, should take Nyal's Celery Nervine—prompt relief is guaranteed.

CANNED CUCUMBERS.

This is the way to can large, sliced cucumbers and have them for Christmas as good as fresh ones. Pare and slice large cucumbers. Let them stand over night in weak salt water. In the morning drain off the water carefully. Slice in some onions as you would for immediate table use. Pack the cucumbers and onions in glass jars and pour this mixture over hot: To each quart of vinegar one pint of sugar. Do not have vinegar too strong. Allspice and pepper to suit the taste. Seal tightly and the cucumbers will be like fresh ones any time during the winter.

Nyal's Beauty Balm is a harmless application that gives the complexion a natural pearly appearance. Does not show and imparts beauty to the complexion. In white or flesh tints. 50 cents a bottle.

When dressing poultry do not waste the feet. Place them in boiling water for a few minutes, and the skin and nails will come off easily. They make a delicious bit of soup or jelly.

For that cold take Laxacold—tablets any one can take—no quinine, no buzzing in the ears—relief in a day and a night. We guarantee them.

If you have some friend who is a cobbler, or who works in a shoe factory, ask him for an old last. They beat anything that was ever invented to slip into a stocking that is to be darned.

Keeping the teeth clean prevents tooth decay. Use Nyal's Tooth Paste twice a day or after each meal. 25 cents a tube.

IF YOU WERE BORN IN NOVEMBER

You are likely to possess a very strong will power, have a magnetic personality with a strong influence over others for good. Persons born in November usually have great tact and taste in language and to be pleasant and courtly in manner, except in business, where they are blunt and outspoken. The men succeed best as artists, literary writers, doctors or ministers. The women are fond of social life and are clever entertainers, but are inclined to be over fond of praise and flattery. November people are apt to be indolent and lazy, but when their ambitions are thoroughly stirred, can make a wonderful success of anything they undertake. They should marry those born in January, June, July or December. Their lucky months are January and July and Tuesday is their lucky day. The birthstone for November is the Topaz. Andrew Carnegie, Martin Luther and Maude Adams were born in November.



MOON PHASES—EASTERN STANDARD TIME.

	D.	H.	M.		D.	H.	M.		
F. Q.	5	9	59	A.M.	L. Q.	20	11	16	A.M.
F. M.	13	10	0	A.M.	N. M.	27	9	59	A.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D M W	HISTORICAL EVENTS	Moon signs	Sun rises	Sun sets	Moon rises			
			H	M	H	M	H	M
1	M Queen Alexandra born, 1844		7	9	4	29	7	49
2	T Battle of Austerlitz, 1805		7	10	4	28	8	59
3	W St. Paul's Cathedral Fire, 1710		7	11	4	28	10	5
4	T Thos. Carlyle born, 1795		7	12	4	28	11	8
5	F Quebec besieged, 1775		7	13	4	28	Morn	
6	S St. Nicholas		7	14	4	28	0	10

49. 2ND SUNDAY IN ADVENT.

		Day's Length, 9h.13m.
7	S Rebels routed at Toronto, 1837	7 15 4 28 1 11
8	M Herbert Spencer died, 1903	7 16 4 28 2 12
9	T John Milton born, 1608	7 17 4 28 3 15
10	W Peace Treaty signed, 1898	7 18 4 28 4 20
11	T Wireless Telegraphy est., 1901	7 19 4 28 5 27
12	F Browning died, 1889	7 20 4 28 6 37
13	S New Zealand discovered, 1751	7 21 4 28 Rises

50. 3RD SUNDAY IN ADVENT.

		Day's Length, 9h.7m
14	S Geo. Washington died, 1799	7 21 4 28 5 10
15	M Gen. Buller defeated, 1898	7 22 4 29 6 21
16	T New York Fire, 1835	7 23 4 29 7 36
17	W Russian Treaty Abrogated, 1911	7 23 4 29 8 52
18	T Beethoven M.S.S. fd. Vienna, '07	7 24 4 29 10 7
19	F Darr Mine Disaster, 1907	7 25 4 30 11 22
20	S Fort Niagara taken, 1813	7 26 4 30 Morn

51. 4TH SUNDAY IN ADVENT.

		Day's Length, 9h.5m.
21	S St. Thomas. Winter begins	7 26 4 31 0 37
22	M Geo. Eliot died, 1880	7 26 4 31 1 52
23	T Sir Isaac Newton born, 1642	7 27 4 32 3 7
24	W Thackeray died, 1863	7 27 4 32 4 24
25	T Christmas Day	7 28 4 33 5 41
26	F St. Stephen	7 28 4 34 6 53
27	S St. John Evangelist	7 29 4 34 Sets

52. 1ST SUNDAY AFTER CHRISTMAS. Day's Length, 9h.6m.

28	S Innocents		7	29	4 35 5 29
29	M W. E. Gladstone born, 1809		7	29	4 35 6 39
30	T Iroquois Fire, Chicago, 1903		7	29	4 36 7 48
31	W Battle of Quebec, 1775		7	30	4 37 8 54

Weather Predictions. — 1st to 5th, fair period, then rain and snow, fair, cold period, freezing, blizzard, snow in west about 20th. Month cold.

BREAD PUDDING.

1 pint stale bread crumbs; 2 eggs; 2 pints scalded milk; $\frac{1}{2}$ teaspoon salt; 1-3 cup sugar; $\frac{1}{4}$ cup melted butter; 1 teaspoon vanilla. Place the bread crumbs in milk and let cool, add other ingredients and bake one hour in slow oven.

COTTAGE PUDDING.

4 tablespoons butter; $\frac{1}{2}$ pint milk; 2-3 cup sugar; $\frac{2}{3}$ cups flour; 4 teaspoons baking powder; 1 egg; $\frac{1}{2}$ teaspoon salt. Slowly add the sugar to the creamed butter, then the egg well beaten. Mix and sift the baking powder, salt and flour and add alternately with milk to first mixture. Bake in a buttered cake pan for 35 minutes.

BAKED CUSTARD.

2 pints scalded milk; $\frac{1}{2}$ dozen eggs; $\frac{1}{2}$ cup sugar; $\frac{1}{4}$ teaspoon salt. Slightly beat the eggs, add salt and sugar and slowly add scalded milk. Strain and bake in a pan of hot water, in a slow oven. Do not let water in outer pan boil, or custard will be watery.

PICCALILLI.

1 cabbage, 4 green peppers, 6 onions, 1 peck of green tomatoes, all chopped; 1 cup of salt and 1 quart of vinegar. Cook 30 minutes, then drain. Scald together 2 quarts of vinegar, 2 pounds of sugar and 1 teaspoonful each of cinnamon, allspice, ginger and cloves. The spices may be tied in a bag if preferred. Pour over the pickle and cook 20 minutes. This may be sealed or kept in glass jars.

The cough syrup that is strong enough to be effective in the treatment of the coughs of adults is usually too strong for the little folks. Nyal's Baby Cough Syrup has been designed particularly for babies and children. It will not derange the stomach and yet it does give prompt relief. 25 cents a bottle.

GERMAN BRAN MUFFINS.

1½ pints bran, 1½ teaspoons salt, ¾ pint flour, 2 teaspoons (level) baking powder, 3 tablespoons molasses, 1 pint milk. This is enough for a dozen muffins.

Some people claim that they like Castor Oil, but the majority don't, that is, in its natural form. However, Nyal's Aromatic Castor Oil is an improved form in which the disagreeable taste is successfully covered. Price, 25 cents a bottle.

When beating the whites of eggs with a flat beater, try resting the elbow on something slightly higher than the dish. It will rest the arm wonderfully, and one can beat much faster without becoming weary.

CHILI SAUCE.

24 ripe tomatoes, 4 onions, 6 bell peppers, 6 cups of vinegar, 1 cup of brown sugar, 4 tablespoonfuls of salt, 1 teaspoonful of all kinds of spices, and 2½ teaspoonfuls of mustard. Scald the tomatoes and remove the skins. Chop the onions and peppers fine, and cook all together for an hour, taking care not to scorch the mixture as it thickens.

For a pleasant tonic and invigorator we recommend Nyal's Beef, Iron and Wine. It is Nyal's and has the Nyal Quality. Combines the stimulating nature of good wine with the nutritive value of beef and iron.

Unless lamp wicks are turned down after trimming, the lamps will be covered with oil.

One application of Pilo will convince you of its merit as a remedy for piles. It will relieve the constant itching and irritation. A persistent treatment with Pilo will cause the absorption and cure of pretty near every case of piles. For the internal ones, Rectone is more readily applied. Rectone or Pilo, 50 cents a box.

Tinware that has become discolored can be made bright by boiling it in a solution of borax and water.

Nyal's Celery Nervine—best for that nervous, run down condition—it acts directly on the nerves, soothes and quiets them, restoring your health and energy.

IF YOU WERE BORN IN DECEMBER

You will be practical and with executive ability and able to outdistance others in the race for success. December people are energetic, frank and progressive, but easily annoyed and with quick tempers. They are honest and conscientious, optimistic and of keen insight into the possibilities of any proposition. They are fond of music and art and usually are successful when following these lines. The women folks make splendid housekeepers and mothers and excellent wives. The men are fond of travel and succeed financially, being able to successfully handle the very biggest undertakings. December people are blessed with all kinds of ability, but to get their best success it is necessary for them to learn self control and to be self dependent. They should marry those born in April, August or November. The birthstone is the Turquoise. Their lucky months are February and June, and Thursday the lucky day. Sir Isaac Newton, Louis Pasteur and Jane Austen were born in December.

CANNED STRING BEANS.

String the beans, break into inch lengths, wash in cold water, then put over the fire in enough salted water to cover them and boil until tender. Pack in jars, fill to overflowing with the boiling liquid and seal.

Roses all the year round. That's what Nyal's Red Rose Perfume will mean to you. It's the real rose odor successfully captured and offered you in tangible form.

Prune juice, diluted with water and flavored with sugar and lemon juice, makes a most palatable and wholesome drink.

Take the coffee to a picnic ready prepared with egg and sewed up in a cheese-cloth bag. Wet this with a little cold water, then pour on the boiling water and let it boil for about five minutes.

BEET SALAD.

One quart of beets, cooked and chopped, the same of chopped cabbage, one cup of grated horseradish, one and a half cups of sugar, a teaspoonful of salt, a half teaspoonful of black pepper and vinegar to cover. This will keep for a long time and makes a nice relish.

Too often women suffer in silence instead of endeavoring to find a remedy that will cure. Nyal's Vegetable Prescription is a reliable remedy for all functional irregularities and the diseases peculiar to women. It is safe and reliable, a scientific medicine.

Stand a new tooth brush in a tumbler of warm water over night, before using; this will make the brush softer and the bristles will stay in better.

Kidney weakness is the forerunner of two dangerous diseases—Bright's disease and Rheumatism. Avoid them by taking Nyal's Kidney Pills—devised for that very purpose—nothing else.

For shaving, use Nyal's Shaving Cream. It instantly gives a fine creamy lather that renders the beard easy to remove. Large tubes, 25 cents each.

PICKLED PEACHES.

Put the peaches in salted water for 24 hours, using one pint of salt to a gallon of water. After this, soak in fresh water for 24 hours. To a gallon of vinegar use four pounds of sugar. Boil the peaches in this for a few moments or until tender. Put two cloves in each peach. Pack in a jar and pour syrup over. Rub peaches with a cloth before putting them in brine.

You can secure almost immediate relief from the constant itching of eczema—use Nyal's Eczema Lotion—prompt in its action and effective—we recommend its use.

Add a little sugar, about a teaspoonful to a quart of water, when boiling young peas. This improves the flavor, particularly if they are not entirely fresh.

Nervous, run down, don't seem to be able to take hold of your work as you should? Take Nyal's Celery Nervine—it acts on the nerves—allays all irritation and acts on the blood as well—builds you up.

It is better to be true than to be popular; better to be sincere than to be sought after; better to be kind than to be brilliantly witty and entertaining.

Dandruff is not only annoying and embarrassing—it is unhealthy. It robs the hair of all nutrition. Nyal's Hirsutone destroys the dandruff and acts as a tonic to the roots of the hair.

The difficulty in keeping flour paste for any length of time without molding is recognized by every one who has tried it. The difficulty may be entirely obviated by the use of formaldehyde. This preservative may be obtained at the druggist's and used in the proportion of two teaspoonfuls of the liquid to a cupful of paste. Paste thus treated will keep indefinitely, or until it dries up.

To prevent suet from becoming sticky when chopping, sprinkle it with flour and chop it in a cold place.

SWEET PICKLES.

For one gallon of sweet pickles, one quart of vinegar and one quart of sugar; boil the fruit in this until tender then dip out (if peaches) and spike each peach with two or three whole cloves and pack in jar. Boil the syrup until thick and pour over the fruit while hot, cover closely and set in a cool place.

Nyal's Stone Root Compound—devised for the purpose of strengthening weak kidneys—and does it, too. Helps them filter the blood of impurities and thus prevents rheumatism and Bright's disease.

Biscuits and doughnuts may be freshened by putting them in a paper bag, sprinkling in a few drops of water, folding the end of the bag till it is tightly closed, then putting it in a hot oven for a few minutes.

That cold won't last long—if you use Laxacold—small tablets that you can take—no quinine, no buzzing in the ears. Handy to carry and you won't miss a treatment. We guarantee them.

Browned flour will impart flavor and coloring and make soups and gravies especially good. To brown flour, sift it into a granite pie pan or flat pan, using about one cupful. Then place it in the oven to brown; it must be stirred and not allowed to burn. Remove from the oven and sift it as soon as it is browned evenly; keep it in a tin box or fruit jar. It is excellent for thickening stews and will always add flavor to warmed over meats.

Always stand the ironing board upon the wide end, to prevent displacing cover by slipping downward.

After you have washed your hair with Nyal's Shampoo Powder, girls, divide it across from ear to ear, then comb the front part forward and roll it back over a coil of tissue paper and pin it with hairpins. Leave it thus till dry. This will give a good "set" to your pompadour and make it look full.

CHOPPED BEET RELISH.

One and a half quarts of chopped cooked beets, the same quantity of chopped cabbage, one cup of chopped horseradish, two cups of sugar, one tablespoonful of salt, one tablespoonful of black pepper, one teaspoonful of celery seed, one of white mustard seed, one quart of vinegar. Cook this until it boils, then seal in glass jars.

When you feel the need of a good nerve tonic—something that will brace you up—soothe and quiet the irritated nerves—remember Nyal's Celery Nervine—best for that purpose.

When you spill hot grease upon the floor, immediately pour cold water upon it. This cools it before it can strike into the wood.

Every woman owes it to herself to know of the benefits derived from the use of Nyal's Vegetable Prescription. It's so different from others, so much more beneficial and we are so sure of the good results that we guarantee it.

Prompt relief from the constant itching associated with eczema—the first application of Nyal's Eczema Lotion affords a grateful relief. Ask us about it.

Are you lacking in energy and ambition—can't eat half the time—don't care whether you do or not? Nyal's Nutritive Hypophosphites will increase the appetite, aid digestion and brace you up in a hurry.

When making puddings and sauces mix the flour (or cornstarch) and sugar together, and avoid lumps.

Nyal's Hirsutone—for the hair and scalp—cleanses the scalp of dandruff, stimulates the growth of the hair and preserves its natural beauty. Dandruff is unhealthy—get rid of it.

If you feel that you must tell a secret, that you can not keep it all to yourself any longer, choose for your confidant some dear friend who has a poor memory.

TOMATO MINCEMEAT, NO. 1.

One peck of green tomatoes, chopped fine, three pounds of brown sugar, two of raisins, two nutmegs, one tablespoon of cinnamon, one of cloves, one of salt, evenful, one teaspoon of ginger. Cook three hours. Just before taking from the fire put in one cup of vinegar. Do not pour off any of the juice of the tomato, but boil it down, until it is right to make into pies, then can as any fruit. This makes five quarts.

Take a few tablets of Laxacold—relief from that cold in a day and a night. Fever of colds and the cold quickly banished—guaranteed a relief.

In the spring look through the cellar and see that there are no rotten turnips, cabbage or potatoes to pollute the air.

If you would avoid such dread diseases as rheumatism and Bright's disease, take Nyal's Stone Root Compound with the first hint of kidney weakness. It will put you on your feet in a hurry.

To make ice last longer, cover it with two thicknesses of newspaper; this will keep out the air, and the ice will not melt so quickly.

If you are troubled with eczema and it interferes with your work—robs you of your sleep—apply Nyal's Eczema Lotion—you will feel grateful.

A wire stand such as is used for putting under tea or coffee pots, may be kept near the oven, and will be found useful to place under a cake or pudding that is baking too quickly on the bottom.

Are you threatened with nervous breakdown—can't stand the strain imposed upon you? If so, take Nyal's Celery Nervine—it acts directly on the nerve centres.

Bread sponge or dissolved yeast should never be mixed with cold flour. Heat the flour in the oven, and then add all other ingredients.

TOMATO MINCEMEAT, NO. 2.

Several quarts of green tomatoes, chopped, five pounds of raisins, one peck of apples, 10 cups brown sugar, two tablespoonsful of salt, two of cloves, three of cinnamon, eight tablespoonsful of vinegar to each quart. Boil two hours and seal. If vinegar is very strong, use half vinegar and half water.

When you feel that you need something to stimulate that blood flow—increase its nourishing properties—something that is a nerve and brain food as well—remember to get Nyal's Nutritive Hypophosphites.

TOMATO CATSUP.

Peel and cut up one gallon of tomatoes. Boil until tender and rub it through a colander. Then put it back on the stove and add one-fourth teaspoon of red pepper, one tablespoon sugar, one teaspoon salt and one pint of vinegar. Put a tablespoon of whole spices in a muslin bag and add while boiling.

Do your feet trouble you—feel as though you were walking on pins and needles? They'll get over that in a hurry if you use Nyal's Eas'em—a little in the shoes in the morning does the work.

There is no investment that pays larger dividends, all things considered, than cheerful smiles and kind words.

Get rid of that cough immediately—Nyal's Cherry Cough Syrup rids the throat of all mucous deposits and prevents further accumulation—soothes the irritated and inflamed mucous membranes.

When ironing, did you ever try heating a brick hot and using it for your iron stand? The iron will thus keep hot much longer.

Nyal's Handy Ointment comes in a tube thus the unused portion is always clean and uncontaminated. We recommend it as a soothing, healing application for burns or wounds. Price, 50 cents.

NUGENT'S FAMOUS 40 FAMILY REMEDIES

1 Stomach and Liver Tonic.	21 Worm Chocolates.
2 Dyspepsia Remedy.	22 Dyspepsia Tablets.
3 Pine Tar Cordial.	23 Peerless Pain Balm.
4 Kidney Cure.	24 Creme Tooth Paste.
5 Rheumatic Remedy.	25 Poison Ivy Remedy.
6 Beef, Iron and Wine.	26 Winter Balm.
7 Emulsion of Cod Liver Oil.	27 Scotch White Oil.
8 Tonic Hypophosphites.	28 Hair Tonic.
9 Health Saline.	29 Violet Talcum.
10 Fruit Salts.	30 Condition Powders.
11 Cholera Remedy.	31 Horse Blister.
12 Pleasant Worm Syrup.	32 Perfect Eczema Ointment.
13 Headache Powders.	33 Eczema Lotion.
14 Baby's Own Cough Cure.	34 Antiseptic Healing Salve.
15 Hive Croup Syrup.	35 Rheumatic Liniment.
16 Buchu and Juniper Kidney Pills.	36 Prairie Itch Salve.
17 Compound Sarsaparilla.	37 Eye Water.
18 Blood Purifier.	38 Eye Salve.
19 K. and L. Pills.	39 Corn Salve.
20 Anderson's Skin Salve.	40 Bed Bug Poison.

From the testimony of our customers we know the above are all good and can safely recommend them, one and all.

NUGENT DRUG CO.

386 George Street Peterboro, Ont.

NUGENT DRUG CO.

Sell all Patent Medicines as low as any store in Peterboro, and also keep a full line of well assorted Drugs and Sundries.

APPRECIATION

1912 was a banner year with us, but 1913 carries even greater promise, because we have thousands of patients in this city and vicinity who are wearing glasses prescribed by us, many of whom could not be fitted elsewhere, and we know that they will not lose an opportunity of speaking a good word for us.

We take this occasion to acknowledge our indebtedness to our friends and patrons, our appreciation of their good will and faith in us, which have helped to make our success so great.

We are deeply grateful to our friends and customers for their loyalty. We ask for and hope to merit a continuance of the same.

A. A. FOWLER, Phm. B.

Eyesight Specialist

**Optical Parlor and Lens Grinding Plant
With Nugent Drug Co., 386 George St.**

PETERBORO